

A) Lea el texto.

Myths about Pimples

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 teens' bodies change, teens frequently develop pimples. And many people continue to have pimples after puberty. However, what can we do to cure pimples? Unfortunately, many cures people think will work on pimples are really just myths.



The first myth is that popping pimples is the best way to get rid of **them**. Picking your pimple will actually push the germs further under your skin. **This** can cause more redness, pain, and even an infection. For that reason, doctors who specialize in skin problems normally encourage people not to pop their pimples.

Other myths relate to what causes pimples. For instance, one myth claims 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, you should still try to eat foods that are good for you.

Another myth is that stress can cause acne. Stress comes in many forms, like a big exam at school or problems with friends. This stress can often cause your skin to create extra oil. The truth is, though, that this extra oil does not necessarily cause any more 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. Nevertheless, washing your face too much could irritate the skin more, making the pimples even worse.

A final myth is that not wearing makeup can help cure pimples. In fact, some makeups or face creams actually have special medicine in **them** to fight pimples. As a result, not all of them are bad for you.

As you can see, there are many myths about pimples. The best idea is to ask **your** doctor which remedies are the best for you. With luck, your problem will deal up quickly.

B) Marque la respuesta correcta. (5 c/u -25 ptos.)

1) ¿Cuál es la idea principal del artículo?

- a. En el pasado, se pensaba que las espinillas eran síntomas de una enfermedad grave.
- b. La gente hace muchas cosas para curar las espinillas pero ninguna funciona.
- c. Las espinillas no son un problema grave para la mayoría de las personas.
- d. Los adolescentes no son los únicos que poseen espinillas.

2) ¿de acuerdo al texto quienes generalmente tienen espinillas?

- a. adultos
- b. Niños
- c. Adolescentes
- d. adolescentes y adultos

3) Cual de las siguientes acciones pueden causar aún más espinillas?

- a. Tomar una medicación
- b. tener el cutis graso.
- c. Comer cierto tipo de alimentos.
- d. reventarse las espinillas

4) ¿Que podría ocurrir si nos lavamos la cara muy frecuentemente?

- a. la piel produce menos acné.
- b. El acné podría empeorar.
- c. Desaparecen las espinillas.
- d. El cutis queda completamente limpio.

5) Con respecto al maquillaje:

- a. se desaconseja su uso.
- b. existen algunas cremas y polvos faciales que mejoran el aspecto del acné.
- c. algunos productos cosméticos poseen componentes que contribuyen a curar el acné.

C) Reemplace las siguientes frases por uno de los siguientes conectores (5c/u- 25 ptos)

In addition -- For example – But - Consequently - such as

- a) However, what can we do to cure pimples? _____
- b) For instance, one myth claims that eating fatty foods or chocolate can cause acne. _____
- c) Stress comes in many forms, like a big exam at school or problems with friends. _____
- d) Also, do you think that washing your face frequently will help get rid of pimples? _____
- e) As a result, not all of them are bad for you. _____

D) Determine a que se refieren las palabras que se encuentran en negrita en el texto.(5 c/u- 25 ptos)

- a) ...**their** bodies experience many changes - _____
- b) ...popping pimples is the best way to get rid of **them**
- c) **This** can cause more redness, pain, and even an infection. _____
- d) some makeups or face creams actually have special medicine in **them** to fight pimples.

- e) The best idea is to ask **your** doctor _____

E) Traduzca dos oraciones del punto D y determine el tiempo verbal.

- f) Escriba un resumen del texto que incluya una breve descripción del acné y los mitos que se poseen al respecto. (50 palabras aprox.) **25 puntos**