

**Pre-Reading**

Think about the following questions.

1. Which kinds of food are good for our skin?
2. How do these kinds of food help our skin?
3. How often do you eat these kinds of food?

Vocabulary Preview

Write the letter of the word or phrase with the same meaning as the underlined word.

a. a thick, milky product	d. ability; potential
b. careful	e. characteristics; features
c. received; suffered	f. small folds in the skin

1. ___ She uses lots of creams and lotions on her skin.
2. ___ He looks very old. He has lots of wrinkles.
3. ___ Sunlight has the capability to damage your skin.
4. ___ The doctor was cautious about giving new medicines to his patients.
5. ___ Many people say garlic has lots of healthy properties.
6. ___ The boy sustained several injuries from his fall.

Eat Better, Look Better



Would you believe that your diet can make a big difference in keeping a youthful appearance? It seems strange to think that the food we take in could result in fewer wrinkles.

Wouldn't it be better to put things on our skin rather than in our mouths?

Well, according to one scientific theory, our bodies start aging because of **oxidation**. This is caused by certain oxygen-containing molecules in our **cells**, called free radicals. Free radicals have the capability to attach to and damage parts of our cells, including our DNA. Our bodies have the ability to repair this damage. However, as we get older, these repair **mechanisms** start to break down, resulting in signs of aging, such as wrinkles. Free radicals are actually produced by our bodies, but their numbers can also increase because of the food we eat.

Besides avoiding foods that could potentially produce more free radicals, eating foods that contain certain vitamins and micro-nutrients can also keep us looking young. These vitamins help produce molecules called **antioxidants**, which actually help reduce the production of free radicals. Even better, foods containing antioxidants are not rare. Common antioxidants, like vitamins A and E, can be found in many dark-colored vegetables. For example, carrots, **seaweed**, spinach, and broccoli are all excellent sources of these helpful vitamins. Also, you can eat orange-colored fruits like **apricots** and peaches. Vitamins A and E are particularly good for helping your skin remain young-looking. These nutrients strengthen your skin and make it soft. However, if you really want to **stock up** quickly on nutrients that benefit your skin, you should eat cow's liver. One small piece of cooked cow's liver contains twice as much vitamin A as half a cup of cooked carrots.

More recently, green tea has also been **tentatively** added to the list of youth-promoting substances. Research on green tea's effects on our bodies is still in the early stages. Scientists certainly believe that it is good for us, but they are cautious about predicting its ability to keep us looking youthful. However, recent experiments seem to show that green tea's antioxidant properties can repair cell damage already sustained as well as prevent damage in the future. In fact, green tea works even better if you apply it directly to your skin as an ingredient in facial cream.

"You are what you eat." The more we find out about how our bodies work, the more this old **proverb** seems to be true. Think about that the next time you sit down at the table.

Reading Time _____ minutes _____ seconds

429 words

⁵ **oxidation**: the process of combining with oxygen

⁶ **cell**: the basic unit of a living thing

⁹ **mechanism**: the fundamental physical or chemical processes of an organism to a given stimulus

¹⁴ **antioxidant**: a substance found in vitamins that protects body cells from oxidation damage

¹⁷ **seaweed**: a plant that grows underwater

¹⁸ **apricot**: a small yellow-orange fruit

²¹ **stock up**: to keep extra; to get a lot of

²⁴ **tentatively**: cautiously; for now but not finally

³² **proverb**: a saying that gives advice or expresses some truth

Choose the best answer.

1. What is the main idea of the reading?
 - a. Our bodies are aging.
 - b. Carrots are good for us.
 - c. Food affects aging.
 - d. We should use facial cream.
2. Which is probably true about people who look younger than their age?
 - a. They eat a lot.
 - b. They drink green tea every day.
 - c. They eat food that helps their skin.
 - d. They only eat vegetables.
3. What kinds of vegetables contain a lot of vitamin A?
 - a. Tasty ones
 - b. Vegetables dark in color
 - c. Green ones
 - d. All of them
4. Which of the following is true, according to the reading?
 - a. Drinking alcohol helps your skin.
 - b. Facial cream with vitamin C is bad for you.
 - c. Cow's liver has a lot of vitamin A.
 - d. We age because we eat vitamins.
5. Which word is closest in meaning to the word "apply" in this reading?
 - a. Ask for
 - b. Be related to
 - c. Spread on
 - d. Use well

Idiomatic Expressions

Find these idioms in the reading.

- **take in** [to eat; to consume]
Research shows that if you don't **take in** enough vitamin D, you will develop health problems.
- **stock up on** [to keep a lot of something for later use]
I **stocked up on** bread today while I was shopping.
- **even better** [in addition to the previous good thing]
My grandmother's delicious apple pie tastes **even better** with a scoop of vanilla ice cream.

Fill in the blank with one of the above idioms. Change its form if necessary.

1. People who _____ small amounts of caffeine say that they feel more awake.
2. The package will be delivered right to your door. _____, you can return it for free if there is a problem!
3. Winter is coming. We need to _____ wood for the fire.

Summary

Scan the passage and complete the notes with the correct information.

I. Free radicals

- A. Definition: molecules containing **1** _____ that attach to and damage cells
- B. Cause **2** _____ → aging

II. Antioxidants

- A. Definition: molecules (produced by vitamins A and E) that **3** _____ the body's production of **4** _____
- B. Sources
 - i. **5** _____ vegetables: carrots, seaweed, spinach, and **6** _____
 - ii. Orange-colored fruits: **7** _____ and peaches
 - iii. Best source of vitamin A is cow's **8** _____
 - iv. Possible good source is **9** _____
 - Works better if applied to skin in a **10** _____

Listening

What's That for?



Listen to the dialog and complete each sentence.



1. The woman is making a _____.
2. She will put _____ into a _____ and then tie it closed.
3. She not only puts it in her bath, she also _____.

Discuss the following questions.

1. Which foods have you heard have lots of antioxidants in them?
2. Do you think you have a healthy or unhealthy diet? Why?
3. What are some ways that people in your country take care of their skin?

Help + (Object) + Infinitive

Help is followed by an infinitive with or without *to*. Sometimes, *help* is followed by an object + infinitive with or without *to*.

These vitamins help (produce / production) molecules called antioxidants, which actually help (reduce / reduction) the production of free radicals.

Vitamin A and E are particularly good for helping your skin (remain / remaining) young-looking.

Write your own short paragraph by answering the questions below.

Good Skin Care

(1) What do you do to take care of your skin? (2) How do you do this?
 (3) How often do you do this? (4) When did you start doing this? (5) Who taught you to do this?

Example

I use aloe vera to take care of my skin. I put aloe vera on my face after I shave. I do this every morning. I started doing this last year. Nobody taught me to do it. I just started doing it.

Vocabulary and Idiom Review

A. Choose the best word or phrase to fill in the blank.

1. All of these paintings represent ____ examples of classical realism.
a. cautious b. facial c. tentative d. typical

2. I need a new sheet of paper. This sheet has a ____ in it.
a. damage b. molecule c. source d. wrinkle

3. Our deluxe chairs have the special ____ that they can turn and recline.
a. element b. production c. property d. theory

4. The beauty shop sells many different types of masks, soaps, and ____.
a. creams b. proverbs c. substances d. vitamins

5. The skaters who wore wrist guards did not ____ any wrist or hand injuries.
a. contain b. predict c. repair d. sustain

6. The store is having a big sale on socks. Let's ____ them.
a. argue with b. attach to c. stock up on d. take in

7. What kind of household ____ should we buy for him?
a. appliance b. capability c. cell d. stage

B. Choose the correct form of the word to fill in the blank.

8. Be careful. That virus is ____ of doing a lot of damage to your computer.
a. capability b. capable c. incapable

9. She drove her car ____ over the icy bridge.
a. caution b. cautious c. cautiously

10. The scientist is doing ____ research for the government.
a. molecule b. molecular c. molecularly