

PRACTICE 6

Read the text below and answer questions 1 to 8.

Pimple Breakout

"Elton, what are you doing?" asked Mrs Kong

"I'm picking my pimples. My face is full of them," replied Elton.

"Stop picking them. It's all part of growing up. It's because of hormonal changes," said Mrs Kong.

"Mum, most of my classmates have very clear skin. I get so frustrated looking at these huge pimples," said Elton. "My friend said to put toothpaste on the pimples but they just got redder, so I stopped."

"I'll take you to Dr Ling. He's the best person to advise you," Mrs Kong replied.

After seeing Dr Ling, Elton understood better the causes of his pimples breaking out.

Dr Ling advised Elton to eat a healthy diet – no deep fried or junk food. For the sake of his face, Elton stopped taking junk food. Instead, he ate more fruits and vegetables.

Every day Elton did as instructed by Dr Ling – he used a cleanser and moisturiser for his face. He also applied the cream that Dr Ling had prescribed. He also remembered not to pick at his pimples. After all, he didn't want his face to be redder and pimples inflamed.

In addition, he went jogging in the evenings. After two months, there was much improvement. Elton was on cloud nine. By then, the school examination was just round the corner. Elton studied day and night. At times, he burnt the midnight oil.

After his exams, he had more time to focus on his face. He found that there were more pimples but this time he didn't panic. Dr Ling had told him that a pimple breakout caused by stress was normal.

Questions 1 to 8

Answer the questions below.

Choose **no more than five words and/or a number** from the text for each answer.

- 1 One day, Mrs Kong saw Elton _____ at the pimples on his face.
- 2 Elton was feeling _____ about his pimple breakout.
- 3 Elton's condition became worse after he _____ on the pimples.
- 4 The _____ to help Elton and his pimple problem was Dr Ling.
- 5 After seeing Dr Ling, Elton ate plenty of _____.
- 6 Dr Ling _____ Elton to use a cleanser and moisturiser.
- 7 Elton's condition became much better after _____.
- 8 Pimple breakout due to stress is _____.

Questions 9 to 10

Complete the table below with **a word** from the text.

For each question, write your answer in the space provided.

Meaning	Word
9 upset	
10 red and swollen	