Revision 5

Listen!

You are Hazel. You are reading a magazine article on teenage skin care.

Teenage Skin Care

Teenagers have to face many challenges during puberty, and skin imperfection is definitely one of them. What can be done to maintain good-looking skin?

Tip 1

Acne is the number-one skin problem for teenagers. To prevent pimples, teenagers have to keep their faces clean. Yet, they shouldn't over-scrub it. Over-scrubbing will irritate the skin, making it red and itchy. Facial cleansing gel instead of harsh soap is recommended as it would be much gentler for the skin.They should also avoid wearing heavy make-up and should always remove it before going to bed.

Tip 2

Keeping the skin moisturised is another key to good-looking skin. Teenagers need to use skincare products that are different from those for mature adults because their skin conditions are different. Both pre-teens and teens should therefore use only light moisturisers because heavy moisturisers are likely to cause pimples. It is good to use the moisturisers once or twice a day, especially in the morning and before bed.

Tip 3

When it comes to getting good-looking skin, the most effective solution is to maintain a healthy body. Good nutrition intake will help prevent pimples. Therefore, teenagers should drink plenty of water and eat less junk food. The traditional Chinese herbal remedy — drinking a glass of hot water with lemon — has been proven to be very useful in energising our bodies. Last but not least, having enough sleep allows the skin cells to renew quickly, hence the healthier-looking skin.

(231 words)

All rights reserved CLASSROOM 課室

Part A

Answer the following questions using the information from the article. Choose the **BEST** answer and blacken **ONE** circle only.

1. Over-scrubbing the skin will cause _____.

   i) pimples ii) redness

   iii) itchiness iv) irritation

   ◯ A. i and ii

   ◯ B. ii and iii

   ◯ C. ii, iii and iv

   ◯ D. all of the above

2. According to the article, teenagers should **NOT** _____ if they want to have good skin.

   ◯ A. use facial cleansing gel

   ◯ B. wear make-up

   ◯ C. use heavy moisturisers

   ◯ D. eat less junk food

3. Which of the following is **TRUE**?

   ◯ A. Pre-teens are too young to use skincare products.

   ◯ B. Teenagers do not need as much skin care as adults.

   ◯ C. Teenagers should use as many skincare products as possible.

   ◯ D. Poor health can lead to skin problems.

4. What is the main purpose of the article?

   ◯ A. to introduce different ways to have better skin

   ◯ B. to introduce different ways to maintain a healthy body

   ◯ C. to state the problems that teenagers face at puberty

   ◯ D. to promote different skincare products

5. Which of the following groups of people is more likely to find the article useful?

   ◯ A. teenagers who have good skin

   ◯ B. children who want to know more about acne

   ◯ C. adults who want to stay healthy

   ◯ D. adolescents who suffer from skin problems

All rights reserved CLASSROOM 課室 版權所有 翻印必究

Part B

Answer the following questions using the information from the article. Write your answers in the spaces provided.

1. When should teenagers put on moisturisers?

   _____

2. According to the article, what is the best way to keep the skin in good condition?

   _____

3. Look for words which mean the following:

   (a) to wash or clean something by rubbing it hard _____

   (b) to make a part of one's body sore or painful _____

4. List one thing suggested in each tip which is good for skin.

   Tip 1 : _____

   Tip 2 : _____

   Tip 3 : _____

5. Use the words from the passage to complete the following leaflet. Fill in each blank with one word only.

Healthy Number One Café

You cannot miss a café that cares about your health!

You will not find any (a) _____ food in Healthy Number One Café as we only serve food that is good for you. We carefully ensure the perfect (b) _____ you need to design the best diet for you. We believe that good eating habits are the best (c) _____ for different illnesses!

P.S. From 10/6 to 27/7, members who (d) _____ their membership cards can get our gift! Act now!

All rights reserved CLASSROOM 課室

Part C Vocabulary

Fill in the blanks with the correct answers. One of the words is not used.

mascara travel experiences abayas
pedometer kimono sunblock
delicacies current affairs future plans

1. In Arabic countries, you can see many Muslim women wearing _____.
2. My sister often wears _____ to make her eyelashes look longer and thicker.
3. We should keep ourselves updated with the _____ so that we know what is happening in our society.
4. The blogger successfully attracted many netizens to read her entries, in which she detailed her _____ as a backpacker who had been to over 20 countries.
5. While I was travelling in Japan, I wore the Japanese traditional costume, the _____, and took some photos with the cherry blossom.
6. In some places, insects such as ants and grasshoppers are regarded as _____. People fry or roast them before eating them.
7. My grandma used to bring a _____ with her every day to count the number of steps she walked.
8. 'Remember to apply some _____ before going out to the beach. Don't get too tanned!' reminded Mum.

All rights reserved CLASSROOM 課室 版權所有 翻印必究