

Revision 3

Listen!



You are Ryan. You are reading an article about acupuncture in a magazine.

What is Acupuncture?

Acupuncture is a form of traditional Chinese medicine in which fine, slender needles are inserted into skin. It originated in China over 5,000 years ago. Today, it is a common practice in Asia, and has also become an acceptable form of alternative treatment in the West. It has even been recognised by the World Health Organisation (WHO) as an effective way to treat common health problems.



How does it work?

According to the philosophy behind Chinese medicine, there is 'chi', the life-giving energy that flows through every organ in the body. Any problem occurring within the body might mean that the energy is not flowing smoothly or something has blocked it. If the energy is not balanced, the body experiences pain. Thus, the doctor must fix the problem by inserting needles at various 'acupoints' (pressure points), which are linked to different internal organs and are also the channels for chi to flow through. In other words, inserting needles at a particular acupoint is to open up the channel for chi and enable it to flow smoothly again.



While western medicine stresses curing illnesses, acupuncture stresses maintaining and restoring the balanced state of the body. In fact, Chinese medicine emphasises prevention more than cure. It is more important to stay healthy by maintaining the flow of chi on a daily basis, rather than looking for a cure when we fall sick. This idea is largely supported by people in both the East and the West.

What does it treat?

The treatment can be used to treat a variety of health problems from aches and pains to emotional and digestive problems. For many people, acupuncture is what to turn to when western medicine fails them. In fact, it has become so popular that there are now veterinarians using acupuncture to treat pets.



(299 words)

Part A

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

1. Which of the following would be the best title for the article?
 - A. Maintaining Health through Acupuncture
 - B. The Soaring Popularity of Chinese Medicine
 - C. WHO Sees Acupuncture as Effective
 - D. The Flow of Chi Keeps us Healthy
2. The word 'occurring' in line 13 is closest in meaning to '_____'.
 - A. affecting
 - B. intensifying
 - C. causing
 - D. taking place
3. What do Chinese medicine experts believe in?
 - A. Curing illnesses is the most important aspect of Chinese medicine.
 - B. Western medicine is not as good as acupuncture.
 - C. Chi is flowing smoothly when we are healthy.
 - D. Most of our acupoints are blocked when we are sick.
4. Acupuncture **CANNOT** heal _____.
 - A. back pain
 - B. stress
 - C. stomachache
 - D. broken bones
5. It can be inferred from the article that _____.
 - A. more pets will be treated through acupuncture in the future
 - B. traditional Chinese medicine will take over western medicine soon
 - C. more students will study Chinese medicine at university
 - D. there will be more affordable acupuncture treatments

Part B

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

1. What is 'chi'?

2. What are 'acupoints'?

3. Do you think that a Chinese medicine expert would encourage you to see him/her only when you are sick? Give one reason to support your answer.

4. Find an adverb in paragraph 2 that means 'as a result'.

5. Complete the following flow chart about acupuncture. Use one word for each blank.

Chi is not flowing
(a) _____ or it
is (b) _____.



The body experiences
(c) _____.



Therefore, the
(e) _____
for the flow of chi can be
opened up, enabling chi to run
smoothly again in the body.



Insert (d) _____
at the acupoints that correspond
to where the discomfort comes.

Part C Vocabulary

Complete the following blog entry by filling in the blanks with the words provided. One of the words is not used.

remove dark eye circles reducing crow's feet fertiliser
combating acne get rid of belly fat eating disorders
insecticides straddle stretch planks

<http://www.myblog.com/julia-minia>

Julia's Adventures

My First Week in the Summer Fitness Camp

Hello everyone! As you all know, I've joined a summer fitness camp. It's now my seventh day here and I'm enjoying it so much!

I discovered that exercising is not only good for our body but also very fun. I do ❶ _____ every day to train my abdominal muscles. I hope it can help me ❷ _____ soon. The one pose that I'm really bad at doing is the ❸ _____. Whenever I do it, my thighs hurt like they are going to tear. I really have to work harder on it.

My eating habit changed too. The camp captain warned us that skipping meals was an unhealthy way to keep fit. If things go wrong, it could make us develop ❹ _____ instead. What we should do is to maintain a balanced diet. So now I eat salad for dinner. Captain told us the vegetables they bought were all organic. I heard that the farmers use compost as ❺ _____ and they do not use any chemical ❻ _____ to kill the bugs. These make the vegetables extra healthy for us. I also drink a lot more water these days as I know drinking water is key to ❼ _____.

Every night, lights are turned off at eleven at the camp. Therefore, I go to sleep much earlier than I usually do. The best part of going to bed early is that it helps ❸ _____.

I'm happy to see that I'm becoming a much healthier girl. By the time I leave, I'll be a new person!

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