



Prioritize Skin Health for Vitality and Wellness

Description

Our skin is our biggest organ and something we see and touch every day. We often focus on how it looks, but it's important to care for it for health reasons too. Research shows that skin problems can affect our heart and brain, leading to conditions like heart disease and dementia. Wrinkles are not just signs of aging - they can actually speed up the aging process. Taking care of our skin is like exercising - it's not just about looks, but also about staying healthy.

To help you understand why skin care is crucial for your long-term health, we have prepared a special report with the best ways to care for your skin.

Science is now guiding us on how to take care of our skin. Certain foods can protect our skin from pollution and the sun, and spending time in nature can help our skin's health. By being informed about skincare products and trends, we can make better choices for our skin's well-being.

Protecting our skin is not just about beauty - it's about keeping our bodies healthy. So, remember, taking care of your skin can benefit you in many ways.

Topics:

Vocabulary List:

1. **Organ** /'ɔrgən/ (noun): A part of the body with a specific function.
2. **Conditions** /kən'dɪʃənz/ (noun): The state of something with regard to its appearance quality or working order.
3. **Wrinkles** /'rɪŋklz/ (noun): Small lines or folds in the skin.
4. **Pollution** /pə'lu:ʃən/ (noun): The presence in or introduction into the environment of a substance which has harmful or poisonous effects.
5. **Trends** /trɛndz/ (noun): General direction in which something is developing or changing.
6. **Well-being** /,wel'bi:ɪŋ/ (noun): The state of being comfortable healthy or happy.

Comprehension Questions

Multiple Choice



1. What is emphasized as an important reason to care for the skin in the provided text?

- Option: Appearance only
- Option: Health reasons only
- Option: Both appearance and health reasons
- Option: None of the above

2. According to the text, how can skin problems affect our body?

- Option: Affecting only the skin
- Option: Leading to heart disease and dementia
- Option: No impact on overall health
- Option: Improving overall health

3. What analogy is used to describe taking care of the skin in the text?

- Option: Eating junk food
- Option: Exercising
- Option: Watching TV
- Option: Sleeping all day

4. How does spending time in nature help our skin according to the text?

- Option: It has no impact
- Option: Negatively affects the skin
- Option: Improves skin health
- Option: Causes skin problems

5. What is NOT mentioned as a benefit of protecting the skin in the text?

- Option: Improved skin appearance
- Option: Reduced risk of heart disease
- Option: Better overall health
- Option: Boosted self-esteem

6. What does science guide us on in terms of skin care according to the text?

- Option: What clothes to wear
- Option: How to apply makeup
- Option: How to take care of our skin
- Option: How to style hair

True-False



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7. Skin problems can contribute to conditions like heart disease and dementia.
 8. Wrinkles are merely aesthetic and have no impact on aging.
 9. Spending time in nature does not affect skin health.
 10. Taking care of the skin is only about beauty and has no health benefits.
 11. Being informed about skincare products helps in making better choices for skin health.
 12. Skin care is compared to exercising in the context of the text.

Gap-Fill

13. Research shows that skin problems can affect conditions like heart disease and dementia, showing the importance of caring for our skin not just for looks, but for _____ reasons too.
14. Wrinkles are not just signs of aging, but they can actually _____ the aging process.
15. Protecting our skin is crucial for our long-term _____ according to the text.
16. By being informed about skincare products and trends, we can make better _____ for our skin's well-being.
17. Taking care of our skin is compared to exercising in the text, highlighting the importance of not just looks, but also _____ healthy.
18. Spending time in nature can help improve our skin's _____.

Answer

Multiple Choice: 1. Both appearance and health reasons 2. Leading to heart disease and dementia 3. Exercising 4. Improves skin health 5. Reduced risk of heart disease 6. How to take care of our skin

True-False: 7. True 8. False 9. False 10. False 11. True 12. True

Gap-Fill: 13. health 14. speed up 15. choices 16. staying



Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. Which household appliance is used to keep food cold?
Option: Microwave
Option: Refrigerators
Option: Toaster
Option: Blender
2. Which field focuses on the application of engineering principles to biological systems?
Option: Astronomy
Option: Bioengineering
Option: Botany
Option: Geology
3. What term describes a positive or hopeful attitude towards the future?
Option: Depressed
Option: Optimistic
Option: Pessimistic
Option: Anxious
4. What is the presence of harmful substances in the environment known as?
Option: Cleanliness
Option: Pollution
Option: Purity
Option: Hygiene
5. Which term refers to events where people come together in one place?
Option: Isolation
Option: Gatherings
Option: Solitude
Option: Separation
6. What is a state of complete disorder and confusion called?
Option: Calm
Option: Order
Option: Chaos
Option: Peace
7. Which term is related to the study of the natural world through observation and experimentation?



- Option: Artistic
- Option: Scientific
- Option: Philosophical
- Option: Literary

8. Which word means linked or joined together?

- Option: Separated
- Option: Disconnected
- Option: Lonely
- Option: Connected

9. What are slight to moderate earthquakes often felt over a large area?

- Option: Hurricanes
- Option: Blizzards
- Option: Tremors
- Option: Tsunamis

10. What are lines or creases on the surface of something?

- Option: Smooth
- Option: Folds
- Option: Wrinkles
- Option: Curves

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. _____ practices aim to reduce the impact on the environment.
12. The new software was meticulously _____ by a team of experts.
13. The detective uncovered the _____ painting in the art gallery.
14. Exams can be very _____ for students.
15. The company is planning on _____ its operations into new markets.
16. Regular exercise is essential for maintaining good _____.
17. The meeting was _____ for those who could not attend.
18. The firefighters _____ the cat from the burning building.



19. The recent policy changes have _____ many businesses in the area.

20. It is wise to _____ in your education for a better future.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. Rapid technological have transformed various industries in recent years.
22. In today's digital age people are more through social media platforms.
23. Adverse weather may cause flight delays.
24. The weather forecast heavy rainfall for the weekend.
25. The art dealer confirmed that the painting was indeed .
26. Following the accident there was utter at the scene.
27. It is important to time in building meaningful relationships.
28. The heart is a vital in the human body.
29. combines principles from biology and engineering to solve medical problems.
30. Reducing carbon emissions is crucial in the fight against climate .

Answer

Multiple Choice: 1. Refrigerators 2. Bioengineering 3. Optimistic 4. Pollution 5. Gatherings 6. Chaos 7. Scientific 8. Connected 9. Tremors 10. Wrinkles

Gap-Fill: 11. Climate-friendly 12. Developed 13. Fake 14. Stressful 15. Expanding 16. Well-being 17. Recorded 18. Rescued 19. Affected 20. Invest

Matching sentence: 1. Advancements 2. Connected 3. Conditions 4. Predicted 5. Fake 6. Chaos 7. Invest 8. Organ 9. Bioengineering 10. Pollution

CATEGORY

1. Sci/Tech - LEVEL2

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