

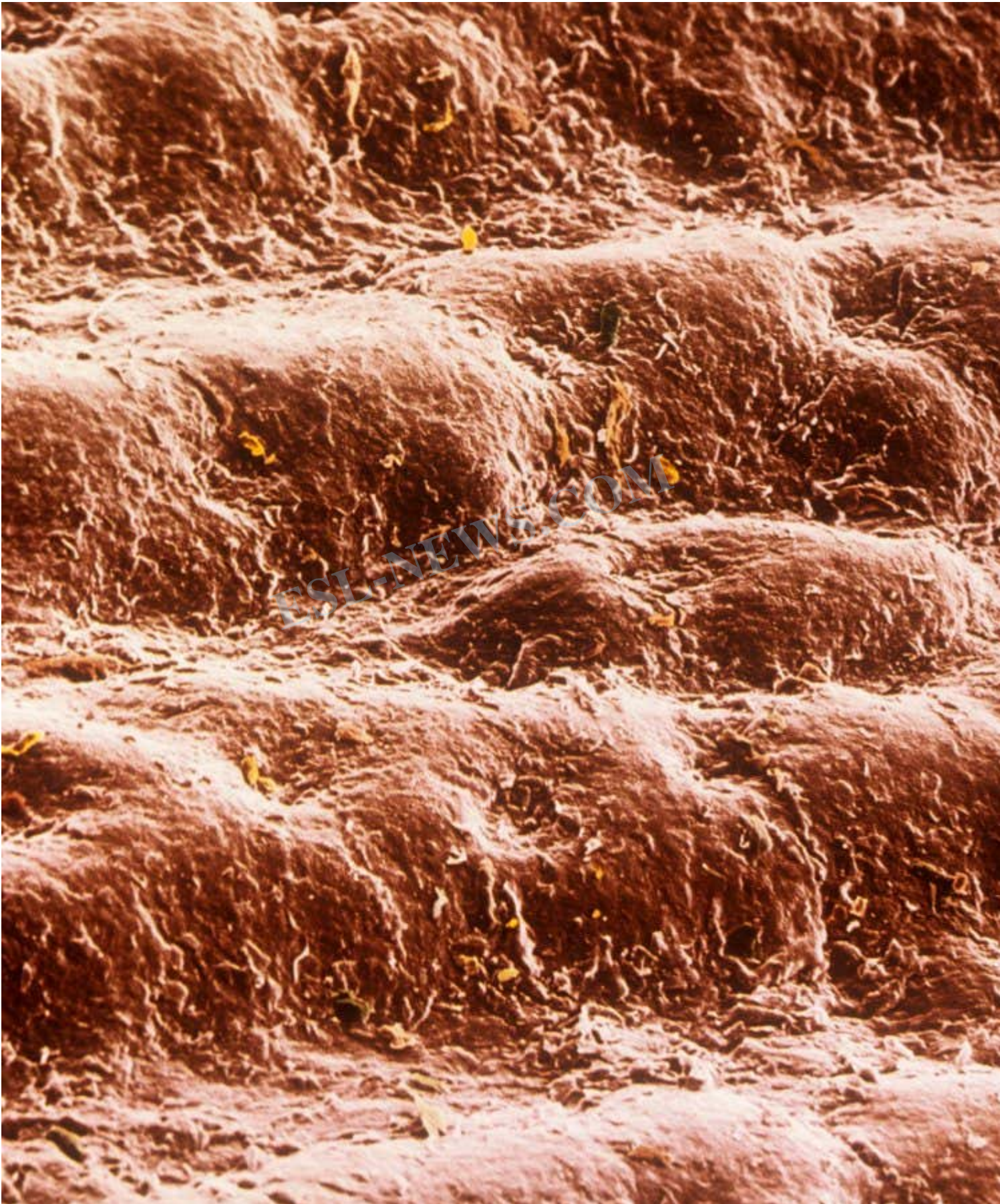


## Prioritize Skin Health Over Beauty: The Essential Motivation.

### Description

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Our skin is not just the largest organ in our body, but also the one we interact with the most. We observe it, touch it, and clean it regularly. While many people focus on skincare for beauty reasons, there are other important factors to consider. Recent studies show that the health of our skin can impact other vital organs like the heart and brain. Skin inflammation can lead to serious conditions such as cardiovascular disease and dementia. Therefore, taking care of our skin is crucial for overall health and longevity.

Improving the condition of our skin should be a priority for everyone looking to lead a healthy life. In our special report, we explore the best ways to care for your skin and why it is essential for long-term health.

Research now emphasizes the scientific approach to skincare, focusing on how certain foods can protect against environmental damage and how nature can nurture our skin's microbiome. By making informed decisions based on scientific studies, we can avoid falling for marketing gimmicks and choose products with proven benefits.

Protecting our skin is not just about beauty; it is about safeguarding our health from external threats. By caring for our skin, we are investing in our overall well-being.

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## Vocabulary List:

1. **Inflammation** /ˌɪnfləˈmeɪʃən/ (noun): A localized physical condition characterized by redness swelling and pain often as a response to injury or infection.
2. **Cardiovascular** /ˌkɑːrdiəʊˈvæskjələ/ (adjective): Relating to the heart and blood vessels.
3. **Microbiome** /ˌmaɪkroʊˈbaɪoʊm/ (noun): The community of microorganisms that inhabit a particular environment such as the human body.
4. **Environmental** /ˌɪnˌvaɪrənˈmentəl/ (adjective): Relating to the natural world and the impact of human activity on its condition.
5. **Nurture** /ˈnɜːrtʃər/ (verb): To care for and encourage the growth or development of someone or something.
6. **Safeguarding** /ˈseɪfˌɡɑːrdɪŋ/ (verb): To protect from harm or damage.

## Comprehension Questions

### Multiple Choice

1. What is the skin considered to be?

- Option: A. Largest organ in the body  
Option: B. Largest muscle in the body  
Option: C. Largest bone in the body



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Option: D. Largest blood vessel in the body

2. How can skin inflammation affect the body?

Option: A. Leads to muscle pain

Option: B. Causes hair loss

Option: C. Can lead to cardiovascular disease and dementia

Option: D. Increases vision problems

3. What does research emphasize in skincare?

Option: A. Importance of makeup products

Option: B. Use of herbal remedies only

Option: C. Scientific approach and benefits of certain foods

Option: D. Home remedies only

4. Why is protecting the skin important according to the text?

Option: A. To prevent bad hair days

Option: B. To avoid sunburn

Option: C. To safeguard health from external threats

Option: D. To improve digestion

5. What is the focus of the scientific approach to skincare?

Option: A. Creating artificial skin

Option: B. Nurturing the skin's microbiome

Option: C. Using only chemical products

Option: D. Expensive treatments

6. Why is caring for the skin compared to investing?

Option: A. To make money

Option: B. To improve appearance only

Option: C. To invest in overall well-being

Option: D. To attract attention

### **True-False**

7. Skin inflammation has no impact on other organs in the body.

8. Caring for the skin is solely about beauty and appearance.



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9. Research in skincare focuses on the benefits of certain foods for skin health.
10. Protecting the skin can help safeguard overall health from external threats.
11. The text mentions that skincare products can always be trusted for their benefits.
12. Scientific studies play a crucial role in guiding skincare decisions.

### Gap-Fill

13. Recent studies show that the health of our skin can impact other vital organs like the \_\_\_\_\_ and \_\_\_\_\_.
14. Protecting our skin is not just about beauty; it is about safeguarding our health from \_\_\_\_\_ threats.
15. Improving the condition of our skin should be a priority for everyone looking to lead a \_\_\_\_\_ life.
16. By making informed decisions based on scientific studies, we can avoid falling for marketing \_\_\_\_\_.
17. Taking care of our skin is crucial for overall health and \_\_\_\_\_.
18. Research now emphasizes the scientific approach to skincare, focusing on how certain foods can protect against environmental \_\_\_\_\_.

### Answer

**Multiple Choice:** 1. A. Largest organ in the body 2. C. Can lead to cardiovascular disease and dementia  
3. C. Scientific approach and benefits of certain foods 4. C. To safeguard health from external threats  
5. B. Nurturing the skin's microbiome 6. C. To invest in overall well-being

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

**Gap-Fill:** 13. heart, brain 14. external 15. healthy 16. gimmicks 17. longevity 18. damage



## Vocabulary quizzes

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

1. Which appliance is commonly used for cooling food and beverages?  
Option: Refrigerators  
Option: Microwaves  
Option: Blenders  
Option: Toasters
2. What term is used to describe the ability to accomplish a task with minimal wasted effort?  
Option: Efficiency  
Option: Ineffectiveness  
Option: Extravagance  
Option: Indifference
3. Which term refers to the act of transferring information from one place to another?  
Option: Communication  
Option: Isolation  
Option: Alienation  
Option: Concentration
4. Which concept describes openness accountability and honesty in actions and decisions?  
Option: Transparency  
Option: Opaqueness  
Option: Concealment  
Option: Ambiguity
5. Which term relates to the heart and blood vessels in the body?  
Option: Cardiovascular  
Option: Respiratory  
Option: Digestive  
Option: Skeletal
6. What is the term for the rivalry between businesses seeking to acquire more customers or market share?  
Option: Competition  
Option: Collaboration  
Option: Cooperation  
Option: Unity
7. Which term describes a state of disorder and confusion?



- Option: Chaos
- Option: Order
- Option: Harmony
- Option: Clarity

8. What is the term used to describe the collection of microbes living in and on the human body?

- Option: Microbiome
- Option: Biomechanics
- Option: Hematology
- Option: Oncology

9. Which term is related to or caused by earthquakes?

- Option: Seismic
- Option: Volcanic
- Option: Tectonic
- Option: Metamorphic

10. Which term means protecting from harm or damage?

- Option: Safeguarding
- Option: Endangering
- Option: Compromising
- Option: Neglecting

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

11. Parents play a crucial role in the \_\_\_\_\_ and development of their children.
12. Some animals have \_\_\_\_\_ instincts to hunt and catch prey for survival.
13. She felt \_\_\_\_\_ before taking the exam due to her fear of failure.
14. The project experienced unexpected \_\_\_\_\_ pushing the deadline further.
15. The thunderstorm \_\_\_\_\_ the electricity supply in the entire neighborhood.
16. \_\_\_\_\_ conservation is essential to preserve natural resources and protect ecosystems.
17. Chronic \_\_\_\_\_ in the body can lead to various health conditions over time.
18. His \_\_\_\_\_ to the success of the company were recognized in the annual awards



ceremony.

19. Traditional cultural \_\_\_\_\_ are performed during important ceremonies and events.

20. Setting clear and achievable \_\_\_\_\_ helps individuals stay focused on their goals.

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

21. Fans and air conditioners are commonly used for lowering temperatures and providing comfort during hot weather.
22. Overcoming obstacles and difficulties often leads to personal growth and development.
23. The department is responsible for promoting and selling products to customers.
24. Students are encouraged to engage in various activities to enhance their learning experience.
25. The event was called off due to unforeseen circumstances resulting in disappointment for attendees.
26. Volunteers their time and effort to support charitable causes in the community.
27. A reduction in pollution levels can lead to an improvement in air quality and public health.
28. Using eco-friendly materials and practices helps in creating a(n) environment for future generations.
29. Visual aids and diagrams are often used to complex concepts in a more understandable manner.
30. Athletes from different countries against each other to win medals in the international sports event.

## Answer

**Multiple Choice:** 1. Refrigerators 2. Efficiency 3. Communication 4. Transparency 5. Cardiovascular  
6. Competition 7. Chaos 8. Microbiome 9. Seismic 10. Safeguarding

**Gap-Fill:** 11. nurture 12. predatory 13. anxious 14. delays 15. disrupted 16. Environmental 17. inflammation  
18. contributions 19. rituals 20. targets

**Matching sentence:** 1. Cooling 2. Challenges 3. Sales 4. Participate 5. Cancellations 6. Contribute 7. Decrease  
8. Sustainable 9. Illustrate 10. Compete

## CATEGORY

1. Sci/Tech - LEVEL3

## Date Created





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2025/01/01

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