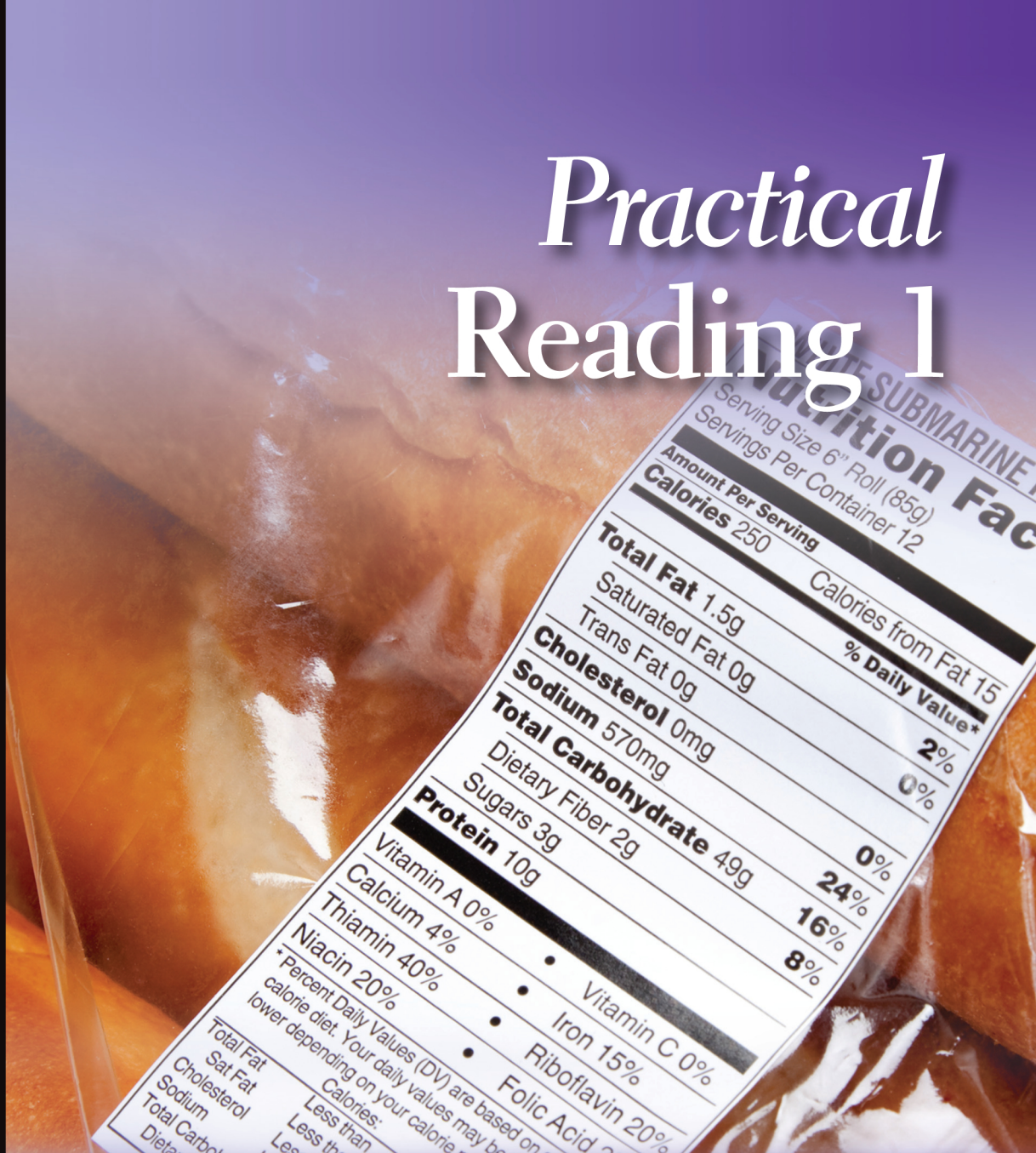


# Practical Reading 1



Looking Good

Food and Nutrition

Working for a Living

Managing Your Money

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## PREVIEW

## LOOKING GOOD

**LESSON 1: Caring for Your Skin and Teeth****LESSON 2: Taking Care of Your Clothing****LESSON 3: Exercising for a Better Body****LESSON 4: Controlling Your Weight**

When you complete the lessons in this unit, you will be able to answer questions like these:

- *What causes acne to appear in the teen years?*
- *What kind of exercise uses **most** of your body's muscles?*
- *How can bad breath be prevented?*
- *On a sensible reducing diet, how much weight can you expect to lose each week?*

**PRETEST**

Write **T** or **F** to show whether you think each statement is *true* or *false*.

1. \_\_\_\_ Plaque on your teeth can destroy your gum tissue.
2. \_\_\_\_ A pimple forms when bacteria invade a plugged pore.
3. \_\_\_\_ A grease stain on clothing can be removed with hydrogen peroxide.
4. \_\_\_\_ A good chemical stain remover can get rid of any kind of stain.
5. \_\_\_\_ The best time to work out is just before breakfast or dinner.
6. \_\_\_\_ A calorie is a measurement of the energy a food supplies to the body.

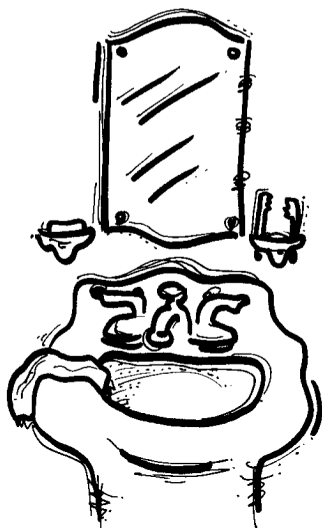
Pretest answers: 1. T 2. T 3. F 4. F 5. T 6. T

## LESSON 1

# CARING FOR YOUR SKIN AND TEETH

### Before reading . . .

Healthy skin and teeth are very important to good looks. The information in this lesson can teach you how to safeguard your clear complexion and your dazzling smile!



During the teen years, sex hormones bring about a great number of changes in the body. These changes affect the skin. Glands in the skin begin to produce more oil. Your face, neck, shoulders, and back may break out in pimples, or acne. Your hair may get oily, too.

This overflow of oil acts like a paste. It moves up to the surface of your skin and plugs up your pores. A whitehead is the tip of the plug. It stays white if air cannot reach it. When air does reach the plug, a chemical change takes place. The plug turns dark. Then it becomes a blackhead. Infection starts when bacteria get under one of these plugs. This is what causes a pimple.

For many teenagers, acne is a part of growing up. In adulthood, the pituitary gland settles down these hormones, and the acne will go away. In the meantime, follow these tips:

- Wash your face with a mild soap and water every day. This helps unclog your pores and kills bacteria.
- Stay away from greasy, fried, and sweet foods. They can make acne problems worse.
- Keep your fingers away from your face. Squeezing pimples can cause further infection and lasting scars.
- Get plenty of rest and eat fresh, natural foods. Stress and a poor diet can cause your skin to break out.
- If you have a bad case of acne, see a dermatologist. (A dermatologist is a doctor who specializes in skin problems.)
- Wash your hair daily. If your hair is very oily, you might try wearing a shorter hairstyle to keep your hair away from your face.



A great smile begins with healthy teeth. Unfortunately, the mouth is an ideal place for bacteria to grow. If sugar or bits of food stay in your mouth, bacteria will form a sticky covering called *plaque*. Over time, this plaque builds up on your teeth and can destroy your gum tissue. Left untreated, the plaque will attack the bone that holds your teeth in place. In the worst cases, plaque can cause the teeth to fall out.

Plaque cannot be removed just by brushing. Only a dentist can remove all of it by using special tools. But brushing regularly and using dental floss once a day can help remove a lot of the plaque.

Cavities are formed when acid made by bacteria eats away at the outer covering of your teeth. This outer covering is called *enamel*. When the acid eats into your inner tooth, called *dentin*, you may get a toothache. If the cavity reaches the pulp, the inner layer of the tooth, you may have to have the tooth pulled out. See your dentist right away if you have a toothache. Most small cavities are fairly easy for a dentist to repair.



Follow these simple guidelines to keep your teeth healthy:

- Brush after eating, especially after you eat something sweet.
- Use dental floss at least once a day.
- Visit the dentist twice a year.
- Remember: All foods can cause plaque!

#### **DO YOU WORRY ABOUT HAVING BAD BREATH?**

Bad breath is sometimes called *halitosis*. In healthy young people, bad breath is usually caused by bacteria's effect on food that gets stuck between the teeth. After eating, use dental floss to make sure that your mouth is food-free!

## **COMPREHENSION**

Look back through the reading selection if you need help answering the questions.

1. What four areas of the body are often affected by acne?

---

2. What microscopic organisms can infect your teeth and skin?

---

3. What happens when air reaches a plugged pore?

---

4. What job can floss do better than a toothbrush can?

---

5. What common practice can leave you with lasting acne scars?

---

6. What is halitosis?

---

7. The reading selections on skin and dental care both suggest the same main idea. What is it?

---

## SPELLING

Find the misspelled word in each sentence. Rewrite the word correctly on the line.

1. An excess of oil can clog your skin pours.

---

2. Bits of food stuck in your teeth can cause bad breathe.

---

3. A dermatologist specializes in skin problams.

---

## SUFFIXES

Complete each **boldface** word with the correct *suffix*.

1. **Unfortunat**\_\_\_\_\_, the mouth is an ideal place for bacteria to grow.

2. Remove plaque by brushing **regular**\_\_\_\_\_ and using dental floss.

3. Most **cavit**\_\_\_\_\_ are easy for a dentist to repair.
4. Plaque forms a sticky **cover**\_\_\_\_\_ on the teeth.
5. **Infect**\_\_\_\_\_ can start when oil plugs up a pore.
6. For many teens, acne is part of **grow**\_\_\_\_\_ up.

## COMPOUND WORDS

Use words from the box to complete the *compound words* in the sentences.  
Hint: You will *not* use all the words in the box.

<b>brush</b>	<b>hood</b>	<b>flow</b>	<b>white</b>	<b>tooth</b>
<b>some</b>	<b>out</b>	<b>can</b>	<b>guide</b>	<b>teen</b>
<b>times</b>	<b>mean</b>	<b>in</b>	<b>black</b>	<b>every</b>

1. Skin glands **some**\_\_\_\_\_ produce an **over**\_\_\_\_\_ of oil.
2. When air reaches an oil plug, the plug becomes a \_\_\_\_\_ **head**.
3. If acid eats \_\_\_\_\_ **to** the dentin, you may get a \_\_\_\_\_ **ache**.
4. A worn-out **tooth**\_\_\_\_\_ will not clean your teeth very well.
5. After eating \_\_\_\_\_ **thing** sweet, be sure to brush your teeth.
6. Follow four simple \_\_\_\_\_ **lines** to help keep your teeth healthy.

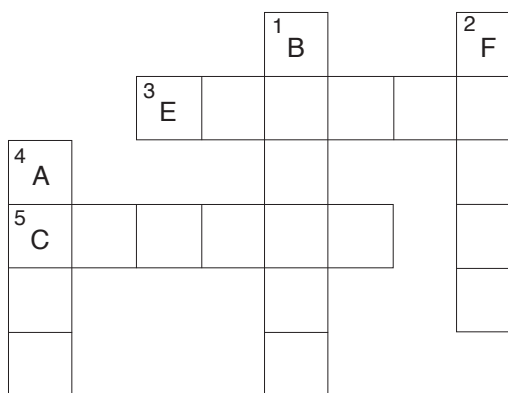
7. All the plaque on your teeth \_\_\_\_\_ **not** be removed by brushing.
8. Most \_\_\_\_\_ **age** acne goes away in **adult** \_\_\_\_\_; in the \_\_\_\_\_ **time**, keep your skin clean!

## PUZZLER

Use the clues to help you solve the crossword puzzle.

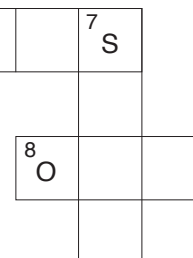
### ACROSS

3. the hard outer coating of the teeth
5. a hole in a tooth caused by decay
6. body parts that produce necessary substances
8. produced by glands



### DOWN

1. tiny, one-celled living things that can cause decay
2. strong thread used to clean between teeth
4. common skin disease caused by clogged oil glands
7. the largest of the body's organs; its outer covering



## WORD COMPLETION

Add *vowels* (a, e, i, o, u) to complete the words in this important warning.

C\_\_V\_\_T\_\_S SH\_\_LD B\_\_ TR\_\_T\_\_D  
 B\_\_F\_\_R\_\_ TH\_\_Y D\_\_ L\_\_ST\_\_NG D\_\_M\_\_G\_\_  
 T\_\_ Y\_\_R T\_\_TH!



## DIAGRAM LABELS

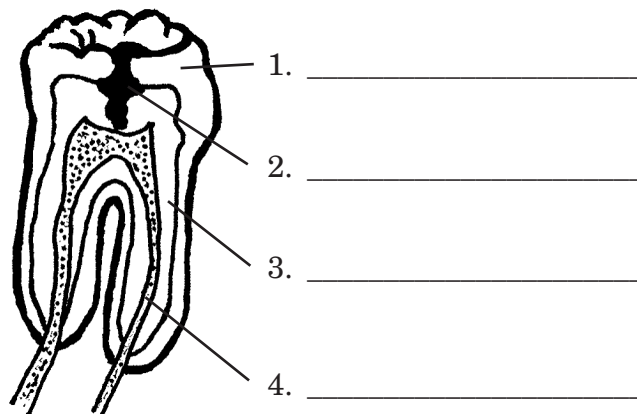
Unscramble the words. Then use the unscrambled words to label the diagram correctly.

NITNED \_\_\_\_\_

MEANEL \_\_\_\_\_

LUPP \_\_\_\_\_

TIVCAY \_\_\_\_\_



## SYNONYMS AND ANTONYMS

Look in the box for a word with the same or the opposite meaning of the **boldface** word in each phrase. Write the *synonym* or *antonym* on the line.  
Hint: You will *not* use all the words in the box.

physician

harsh

pinch

fresh

artificial

excessive

ample

destroy

shampoo

diseased

1. to **kill** bacteria

SYNONYM: \_\_\_\_\_

5. **healthy** skin

ANTONYM: \_\_\_\_\_

2. **natural** foods

ANTONYM: \_\_\_\_\_

6. **plenty of** rest

SYNONYM: \_\_\_\_\_

3. **wash** your hair

SYNONYM: \_\_\_\_\_

7. a **mild** soap

ANTONYM: \_\_\_\_\_

4. see a **doctor**

SYNONYM: \_\_\_\_\_

8. **squeeze** pimples

SYNONYM: \_\_\_\_\_

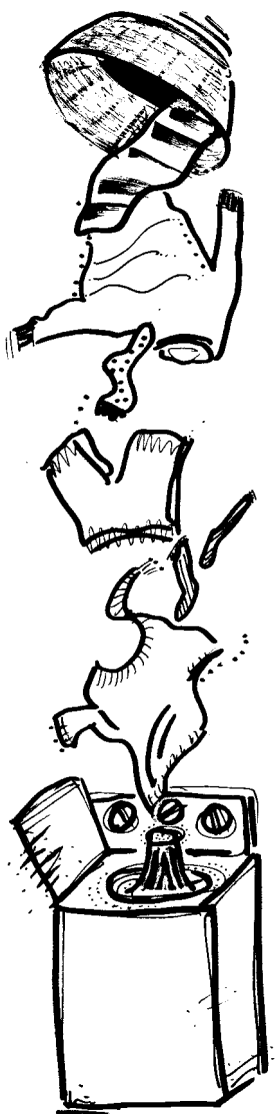
## LESSON 2

# TAKING CARE OF YOUR CLOTHING

### Before reading . . .

Good clothes are expensive. You want them to look good for a long time. The information in this lesson can help you take better care of your clothes. Read on to find out how to remove common stains, avoid wrinkles, and iron your clothes like an expert!

### HOW TO REMOVE SPOTS



STAIN	WASHABLES
BLOOD	When fresh, sponge with cool water; rinse clear. If stain persists or has dried, sponge with diluted hydrogen peroxide; rinse.
CANDLE WAX	Freeze until wax is frozen. Brush off with wire brush. Pour boiling water through garment to melt and remove residue.
CHEWING GUM	Dab with ice to harden; scrape away as much as possible. Place between white blotters and press with warm iron, changing blotters as needed. Finish with cleaning fluid.
COFFEE OR TEA	Rinse in warm water; pour boiling water through; wash with soap. Treat traces with sodium percarbonate or sunlight.
FRUIT JUICES	Rinse immediately with cool water. Although dry fruit stains are difficult, try a warm borax solution soak or paste of cream tartar and warm water. After a half-hour, rinse.
GREASE (Butter, oil, etc.)	If fabric is washable, wash in warm, sudsy water. If not, sponge with solvent specifically formulated for grease.
INK	Saturate with alcohol-based hairspray; place an absorbent towel under stain; blot with rag. Repeat and launder as usual.
LIPSTICK, MAKEUP	Try towelettes on contact; launder normally. If stain remains, sponge with methylated spirits or household ammonia.
RED WINE	On sturdy fabric, cover stain with salt; pour just-boiled water through stain. Otherwise, blot, wash cold, dry. If that fails, try oil solvent followed by vinegar for remaining color.

### **SPEEDY SPOT REMOVAL**

- Treat a stain as soon as possible. If you can, keep the garment moist until laundering it.
- Never rub a wet stain. If liquid is still in a ball on the surface, try to absorb it into the tip of a white cloth.
- Once a stain has dried, brush off what you can before attempting to use a chemical solvent.
- Always test cleaning agents first on a hidden seam or hem.
- Place fabric stain-side down on a paper towel or white cloth. Dab stain remover to the underside of the fabric, forcing the stain through and onto a towel or cloth.
- When in doubt, don't do anything! Consult a dry cleaner.

### **WRINKLE REMOVAL**

- Metallic ironing board covers wick away needed steam. Use cotton covers.
- Don't press down hard on the iron—it's the heat and steam that smooth away wrinkles.
- Wet pants hung by the legs (not the waist) will dry with fewer wrinkles.
- Clothes that are slightly moist all over are easiest to iron (with a dry setting). When possible, remove clothes from dryer while damp and press immediately.
- Ironing in a circular motion can stretch out fabric. The best pressing motion is back and forth with the grain.

### **HOW TO IRON PANTS WITH POCKETS**

1. *Waistband:* First, rotating top of pants, press the inside of waistband.
2. *Pockets:* Pull pockets inside out and press. Iron the rest of the pants around the pockets before pushing them back in place. Touch up the outside of the front and back.
3. *Legs:* Lay pants on board with seams aligned. Fold back the top leg; iron inside bottom leg. Flip pants over and repeat on other side. Then iron outside of top leg, using a burst of steam to set the creases; flip over and repeat.

### **HOW TO IRON A SHIRT WITH LONG SLEEVES**

1. *Collar:* Press the inside of the collar, smoothing as you go to avoid puckers.
2. *Cuffs:* Press inside of unbuttoned cuffs.
3. *Sleeves:* Iron the cuff opening side first, then the opposite side. Hold sleeve flat to board to make sharp creases. Now iron outside cuffs.
4. *Body:* Iron the insides of yoke and back and then the outsides. Next, iron outside shirt fronts, moving the iron around the buttons. Iron outside of collar.