

Pimples

Teenagers are very conscious about how they look, but they are also most prone to pimples. Are you troubled by getting pimples? Do you know how pimples come about? What are the tips to improve your skin?

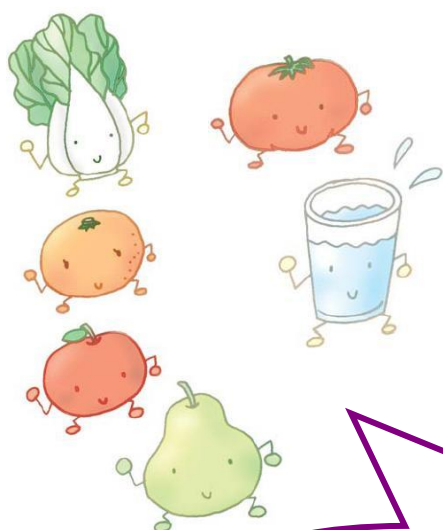


3. You will get pimples if they become e)_____ and be infected by f)_____.



2. If the c)_____ accumulates at the openings of a sebaceous glands, they will become d)_____.

1. When you reach puberty, the increase of a)_____ levels makes the b)_____ start producing an excess of oily substance.



4. To avoid and cure pimples, keep your g)_____ clean, h)_____ well, and get plenty of i)_____!



5. A healthy diet promotes health and good skin. Remember to eat more j)_____, and drink more k)_____. Cut out certain foods, like frying food, helps improving your skin!

Ans : a) hormone ; b) sebaceous gland; c) oily substance;
 d) hardened; e) reddish; f) bacteria; g) skin; h) sleep; i) exercise; j) fruits; k) water