

THEME 6 HELPFUL TIPS READING SKILL (PASİFİK)

A. Read the text and complete the table and write the home remedy instructions.

Cure Bad Breath, and Excessive Sweating with a Home Remedy

Halitosis, bad breath, is an everyday health problem. It is embarrassing, but it is easy to cure at home. If you have upset stomach, tooth decay and real illness, such as stomach ulcers or tumors, you can have bad breath. If you eat some food like garlic or onion, they will cause it, too. You must try this home remedy from the USA. You need baking soda (sodium bicarbonate), salt, water and a tongue cleaner to do it. First, mix a glass of water and a tablespoonful of baking soda. Next, add a pinch of salt. It shouldn't be very salty, but you should still taste the salt. This is your mouth wash. If you add some oil or peppermint, it becomes tastier, but it is not necessary. Then, you must clean your tongue with a tongue cleaner or brush it with a toothbrush. You shouldn't brush too hard! Finally, gargle with your mouthwash for a couple of minutes. You should repeat this twice a day.

Hyperhidrosis, excessive sweating, is also another common problem. People say that it is more embarrassing than acne or dandruff. Hyperhidrosis causes excessive sweating in the underarms, hands or feet. Sage is a remedy for curing excessive sweating because it is antibacterial and antifungal. Boil a tablespoon of dried sage leaves in one to two cups of water. Let it cool to room temperature and then use the liquid to clean your underarms, hands or feet. Repeat two more times each day for best results.

Health Problem: Halitosis (Bad Breath)

Causes: _____

Remedy: _____

Ingredients: _____

Tools: _____

Instructions: _____

B. Read the dialogue and underline the advice sentences.

Edward : You look sad. What happened, Maria?

Maria : Yeah, I feel bad. Some schoolchildren don't treat everyone with respect. An old lady at the bus stop said to a girl: "Could you please give me a hand?" before getting on the bus because she had a few bags and the girl didn't care. An elderly man said to a boy very kindly: " Excuse me, can you tell me where I can buy some CDs for my grandchildren?". The kid looked at the man angrily and said: "I don't know!".

Edward : Oh, they mustn't behave like this. In England, students must behave at all times because if they behave well, they will bring credit to their school. This is a school rule. We should always obey it when we travel to and from school and on public transport.

Maria : Can you tell me some more school rules?

Edward : Well, students must be polite to staff, to each other and to visitors. They should be punctual for school.

Maria : Must they wear a school uniform?

Edward : Yes, they must, but they mustn't wear jewellery, you know rings, bracelets and so on.

Maria : What happens if they wear jewellery?

Edward : Teachers tell them that they mustn't do. If they still don't obey the rules, teachers could punish them. What about your school rules in Spain, Maria?

Maria : We must arrive on time with the correct equipment. If you arrive late, you miss the lesson. We should work hard and follow instructions. We must do our assignments and listen to the directions. We shouldn't use mobile phones and other electronic equipment inside the school buildings.

Edward : It is the same everywhere. We must obey the school rules.

School Rules in England :

School Rules in Spain :

C. Read the text again and answer these questions.

1. What happens if students wear jewellery in England?
2. What happens if students don't obey the rules?
3. What should students do in Spain?
4. What shouldn't students do in Spain?