

◆ Introduction	4
UNIT 1 Looking Good	5
LESSON	
1 Caring for Your Skin and Teeth	6
2 Taking Care of Your Clothing	12
3 Exercising for a Better Body	18
4 Controlling Your Weight	24
◆ Unit 1 Review	30
UNIT 2 Food and Nutrition	31
LESSON	
1 Food Groups	32
2 Vitamins and Minerals	38
3 Buying Groceries	44
4 Vegetarianism	50
◆ Unit 2 Review	56
UNIT 3 Working for a Living	57
LESSON	
1 Today's Workplace	58
2 Blue Collar/White Collar	64
3 Preparing for a Job Interview	70
4 Interviewing for a Job	76
◆ Unit 3 Review	82
UNIT 4 Managing Your Money	83
LESSON	
1 Budgeting	84
2 Applying for a Credit Card	90
3 Cash or Credit?	96
4 Borrowing Money	102
◆ Unit 4 Review	108
◆ Glossary of Reading Terms	109
◆ Teacher's Notes and Answer Key	112

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.

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.



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?

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!

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.