

Acne



Waking up with **acne** can be **frustrating** / because it can be painful, **itchy**, or uncomfortable. // It can also make people feel less **confident**, / **especially** when it **lasts** for a long time. // Many think / only **teenagers** get acne, / but adults can have it too. // Acne is also different for each person. // Some may only get a few **pimples**, / while others have more serious acne / that may **leave scars**. //

Why does acne happen? // Acne happens / when oil and **dead** skin/ block tiny holes in the skin / called **pores**. // The blocked pores may **remain** closed or open / and **bacteria** can **infect** them. // This can cause whiteheads, blackheads or pimples. //

There are several ways / to **treat** acne.// Some people use **face washes**/ with special **ingredients**/ like salicylic acid. // People with serious acne / may need stronger treatments, / such as **laser therapy** or chemical **peels**. // To help **prevent** acne, / it is important / to keep the skin clean, / eat healthy foods, / and **reduce stress**. // With the right care, / the skin can **improve over time**. //

ニキビとともに目覚めることはいらさせられる / なぜなら痛く、かゆく、不快だからである// それはまた人々に自信をなくさせることもあり / 特にそれが長く続くと// 多くの人が思っている / 10代だけがニキビができると / しかし、大人にもできる// ニキビも人それぞれ違うものなのだ// 吹き出物が数個できるだけの人もいれば / 一方で深刻なニキビができる人もいる / 傷跡を残すような//

ニキビはなぜできるのか?// ニキビは発生する / 皮脂や古い角質が / 皮膚の小さな穴をふさぐことで / 毛穴と呼ばれる// ふさがれた毛穴は閉じたままでも開いたままでも / 細菌が感染することもある// これが白ニキビ、黒ニキビ、吹き出物の原因となる//

方法はいくつかある / ニキビを治療する// 洗顔料を使う人もいる / 特別な成分入り / サリチル酸のような// 深刻なニキビの人には / より強力な治療が必要な場合もある / レーザー治療やケミカルピーリングなどの// ニキビを予防するには / 大切だ / 肌をきれいに保つこと / 健康的な食事をとること / ストレスを減らすことが// 適切なケアをすれば / 肌は時間とともに改善する //

Vocabulary and Phrases

acne	ニキビ	scar	傷跡	laser therapy	レーザー治療
frustrating	イライラする	dead	死んだ	prevent	予防する
itchy	かゆい	pore	毛穴	reduce	減らす
confident	自信がある	remain	...ままである	stress	ストレス
especially	特に	bacteria	細菌	improve	改善する
last	続く	infect	感染する	over time	経時的に
teenager	青少年	treat	治療する	peel	皮をむく
pimple	吹き出物	face wash	洗顔		
leave	残す	ingredient	成分		

Total Number of words used

: 167 words

Time for 100 wpm

: 100.2 sec.

Time for 120 wpm

: 83.5 sec.

Your BEST TIME

: sec.



【Listen & Fill Blank】

Waking up with _____ can be _____ because it can be painful, _____, or _____. It can also make people feel less _____, _____ when it _____ for a long time. Many think only _____ get acne, but adults can have it too. Acne is also different for each person. Some may only get a few _____, while others have more _____ acne that may _____.

Why does acne happen? Acne happens when oil and _____ block tiny holes in the skin called _____. The blocked pores may _____ closed or open and _____ them. This can cause whiteheads, blackheads or pimples.

There are several ways to _____ acne. Some people use face washes with special _____ like salicylic acid. People with serious acne may need stronger treatments, such as _____ or _____. To help _____ acne, it is important to keep the skin clean, eat healthy foods, and _____. With the right care, the skin can _____ over time.

【Q&A / A&Q】

Question 1: Do only teenagers get acne?

Question 2: What are some types of acne?

Question 3: How can we treat serious acne?

Ask 1: Pimples についての質問を英語で書いてください。

Ask 2: Face wash についての質問を英語で書いてください。

Ask 3: 本文について知りたいことを英語で書いてください。

Sample Answer 1: No, adults can have it too.

Sample Answer 2: whiteheads, blackheads and pimples.

Sample Answer 3: We can treat serious acne with laser therapy or chemical peels.

Sample Question 1: Why are pimples red?
How big can a pimple get?

Sample Question 2: How often should we use face wash to clean our faces?
Why is salicylic acid used in face wash?

Sample Question 3: Why do some people get acne while some do not?
Why does serious acne leave scars?