

1. Read the text and write which solution would be the best one for you. Explain your answer.

The best anti-aging solution for me would be because

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2. Read the text and decide if the given statements are T (TRUE) or F (FALSE). Circle the answer.

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|---|-------|
| a. The solutions in this text can stop aging forever. | T / F |
| b. There is an imaginary new anti-ageing chocolate. It doesn't exist. | T / F |
| c. They haven't started selling the chocolate yet but they will soon. | T / F |
| d. Women have two options for anti-aging. | T / F |
| e. Ayurveda helps anti-aging through use of different therapies for the skin. | T / F |
| f. Processed food damages cells and health. | T / F |