

What do these words mean?

They mean how we feel about ourselves.



густой (о бровях)

влиять

заостренный

реклама, анонс

тощий

беспокойный

сравнивать

одержимый

прыщик

внешность

известный,  
знакомый

концентрироваться

гордость

искривленный

случай

тщеславие

выдуманный

чувствовать себя  
как дома

детский

торчащий

самоуважение

кудрявый

уверенность

созревать

Read the title of the text and the headings A-E. What do you think the paragraphs are about?

Although you may often think that your classmates notice every single pimple on your face or every single pound you gain, this is not the case. What they notice is how you feel about yourself. You need to **focus** on the things you like about yourself and walk with confidence! If you like yourself and the way you look, other people will too!

training. Remember that it's more important to exercise regularly and eat healthily than to try to change your body to **fit** an **unrealistic** image. Adverts sell fantasy and **vanity**, not reality.

Advertising helps improve your body image.

Advertising influences the way you feel about your body.

Be happy with the way you are. You can't change yourself.

You are better than others. Everyone looks different.

I don't like to change my appearance. I don't know the person in the mirror.

Don't behave in a childish way.

Stop changing from a child into an adult.

Text 4

Text 5

Read the text and match the headings to the paragraphs. Which words helped you decide? What is the author's purpose?

Study skills

# Do you **Text 4** at home in your body?

The author's purpose is to explain that how we feel about ourselves is very important and that we should ignore what the media shows us and concentrate on what we like about ourselves.

for in each paragraph. Read each paragraph and underline the key words. Work out the main idea in each. Remember that the information may be paraphrased.

D. Oh no

E. G



Match the words in bold in the text to their meanings. Then use them in sentences of your own.

**match**

fit

The punishment should always fit the crime.

**looking**

staring

Stop staring at that man! It's not polite.

**influences**

affects

The amount of sleep I get affects my energy levels.

**concentrate**

focus

I am trying hard to focus on my school work now.

**well-built**

muscular

The athlete was tall and muscular.

**too concerned**

obsessed

It isn't good to be obsessed with losing weight.

pride

vanity

Expensive beauty products appeal to people's vanity.

**develops**

matures

One's body matures a lot during adolescence.

**comments**

remarks

My teacher's remarks were all very positive.

false

unrealistic

If you have unrealistic expectations, you might be disappointed.

Find the word that doesn't match.

1. He's g



small

**Pointed** - остроконечный,  
заостренный;

**Thin** - тонкий;

**Bushy** - густой (о бровях,  
бороде);

**Thick** - толстый;

**Curly** - кудрявый, вьющийся;

**Straight** - прямой;

**Short** - короткий;

**Protruding** - торчащий,  
выдающийся;

**Spotty** - прыщеватый;

**Crooked** - искривленный,  
изогнутый;

**Small** - маленький;

**Frizzy** - кудрявый, курчавый;

d/~~sp~~otty ears.



spotty



2. He's got



straight

**Pointed** - остроконечный,  
заостренный;

**Thin** - тонкий;

**Bushy** - густой (о бровях,  
бороде);

**Thick** - толстый;

**Curly** - кудрявый, вьющийся;

**Straight** - прямой;

**Short** - короткий;

**Protruding** - торчащий,  
выдающийся;

**Spotty** - прыщеватый;

**Crooked** - искривленный,  
изогнутый;

**Small** - маленький;

**Frizzy** - кудрявый, курчавый;

**pointed nose.**



pointed





frizzy

**Pointed** - остроконечный,  
заостренный;  
**Thin** - тонкий;  
**Bushy** - густой (о бровях,  
бороде);  
**Thick** - толстый;  
**Curly** - кудрявый, вьющийся;  
**Straight** - прямой;  
**Short** - короткий;  
**Protruding** - торчащий,  
выдающийся;  
**Spotty** - прыщеватый;  
**Crooked** - искривленный,  
изогнутый;  
**Small** - маленький;  
**Frizzy** - кудрявый, курчавый;

too  
nt.



straight





4. Sh



slim

**Pointed** - остроконечный,  
заостренный;

**Thin** - тонкий;

**Bushy** - густой (о бровях,  
бороде);

**Thick** - толстый;

**Curly** - кудрявый, вьющийся;

**Straight** - прямой;

**Short** - короткий;

**Protruding** - торчащий,  
выдающийся;

**Spotty** - прыщеватый;

**Crooked** - искривленный,  
изогнутый;

**Small** - маленький;

**Frizzy** - кудрявый, курчавый;

hin.



thin



5. His eye



thick

**Pointed** - остроконечный,  
заостренный;

**Thin** - тонкий;

**Bushy** - густой (о бровях,  
бороде);

**Thick** - толстый;

**Curly** - кудрявый, вьющийся;

**Straight** - прямой;

**Short** - короткий;

**Protruding** - торчащий,  
выдающийся;

**Spotty** - прыщеватый;

**Crooked** - искривленный,  
изогнутый;

**Small** - маленький;

**Frizzy** - кудрявый, курчавый;

shy/~~short~~.



short



Think of a cartoon/fictional character or draw your own. Describe him/her to the class. Use these words.

## Ears, nose, body, hair, eyebrows



pointed thin bushy thick

curly bushy straight short

protruding spotty crooked

small frizzy

Peter Pan has got pointed ears, thin eyebrows and a straight nose. His hair is short and fair, and he's slim.

Think of a cartoon/fictional character or draw your own. Describe him/her to the class. Use these words.



Ears, nose, body, hair, eyebrows

pointed thin bushy thick

curly bushy straight short

protruding spotty crooked

small frizzy

Fred Flintstone is tall, overweight, and has thick, straight hair. He has got small ears and a big nose. His eyebrows are thick. etc

Choose the correct word. Check in your dictionaries.

1. I need to **get on**/go on a diet. I've **put on**/taken in two kilos in a week.

2. Look at Ann. She has **grown**/developed taller since the last time I saw her.

3. I can't believe that's John. His shoulders have increased/**grown** wider and his voice has become deeper.

4. Since she saw the advert, she has **put on** some weight.

5. She wants to **start**/join a gym.

**Get on a diet** - садиться на диету;

**Put on some weight** - набрать вес;

**Grow taller/wider** -

становиться выше/шире;

**Join a gym** - начать занятия в спортивном зале;

**Lose weight** - сбрасывать вес, худеть;



Is there anything you would like to change about the way you look? Use these phrases to tell your partner.

Get on a diet

Put on some weight

Grow taller/wider

Join a gym

Lose weight

Get deeper

Be worried about

Ears, nose, body, hair, eyebrows

small

pointed

thin

bushy

thick

frizzy

bushy

straight

short

curly

protruding

spotty

crooked



I don't like my frizzy hair.  
I'd like to have straight  
hair.

I can't stand my eyebrows.  
They are too bushy.

Listen and read the text again. In three minutes, write a few lines in the class.



Although you may often think that your classmates notice every single pimple on your face or every single pound you gain, this is not the case. What they notice is how you feel about yourself. You need to **focus** on the things you like about yourself and walk with confidence! If you like yourself and the way you look, other people will too!

training. Remember that it's more important to exercise regularly and eat healthily than to try to change your body to **fit** an **unrealistic** image. Adverts sell fantasy and **vanity**, not reality.

What about their body?

Self-esteem refers to the way we see and think about ourselves.

shoulders.

Text 1

Text 2

Text 3

Text 4

Text 5

A friend of yours is obsessed with losing weight, but she's not fat at all. What do you advise her to do? Use the text to write a short paragraph giving advice.



To be fat

To stare at

To look at yourself

To believe in yourself

To put on a weight

To develop into an adult

To compare yourself

To eat healthy

To feel confident



Use the words from the table below to describe the people in pictures.

# Workbook

Appearance	
nose	pointed, crooked, straight
ears	protruding, pointed, small
hair	straight, frizzy, curly
eyebrows	thick, thin, bushy
body	slim, skinny, overweight

Mark has a crooked nose, small ears and curly hair. His eyebrows are thick and he is overweight.



## Write the opposites.

1 She has got thin eyebrows.

bushy

2 He has got a straight nose.

crooked

3 She is slim.

overweight

4 She has got straight hair.

frizzy

5 He has got big ears.

small

# It's a Teen's World

- |   |   |                                  |   |                            |
|---|---|----------------------------------|---|----------------------------|
| 1 | d | Girls sometimes put              | a | over two to five years.    |
| 2 | b | Boys' shoulders                  | b | grow wider.                |
| 3 | e | Girls usually start              | c | deeper.                    |
| 4 | c | Boys' voices get                 | d | on weight.                 |
| 5 | a | All these changes usually happen | e | changing sooner than boys. |

# Fill in the missing words. Then do the quiz.

- obsessed • go on • remark • vanity • fit • unrealistic • staring
- focus • join • put on • changes

## Quiz Are you **body confident** ?

- You've 1) ..... **put on** ..... several pounds and there is a big party in ten days.
  - a I'll 2) ..... **go on** ..... an extreme diet, 3) ..... **join** ..... a gym, and lose the extra pounds or everyone will be 4) ..... **staring** ..... at the fat girl.
  - b It's unhealthy to lose a lot of weight in such a short period of time.
- You're watching a TV commercial with the Beckhams. You think ...
  - a I want to look like them, thinner and taller.
  - b Please! TV adverts are 5) ..... **unrealistic** .....! They sell 6) ..... **vanity** .....
- You overhear someone making a nasty 7) ..... **remark** ..... about your weight.
  - a They're right. I'm ugly and overweight.
  - b I don't pay attention to hurtful comments.

**If you have more A's**  
You are 8) ..... **obsessed** ..... with your weight. Stop trying to change your body to 9) ..... **fit** ..... an unrealistic image. 10) ..... **Focus** ..... on the things you like about yourself.

**If you have more B's**  
You have a healthy body image. You like yourself and the way you look and that makes others like you too. You're aware that as you grow, your body 11) ..... **changes** ..... too. Well done.