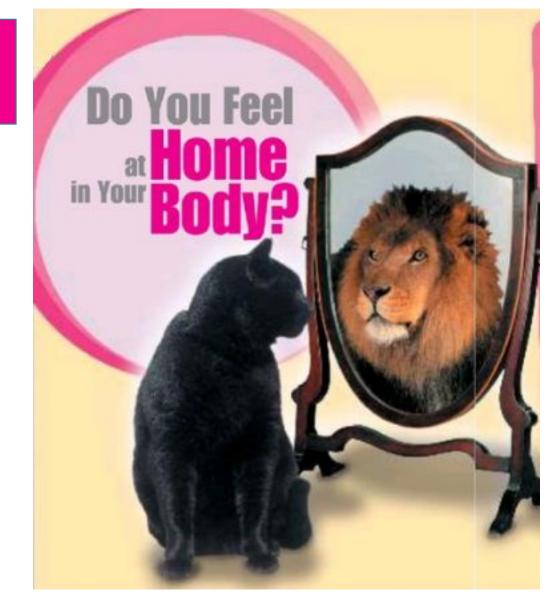
What do these words mean?

They mean how we feel about ourselves.







Before reading learn new words.

густой (о бровях)	прыщик	выдуманный
влиять	внешность	чувствовать себя как дома
заостренный	известный, знакомый	детский
реклама, анонс	концентрироватьс я	торчащий
тощий	гордость	самоуважение
беспокойный	искривленный	кудрявый
сравнивать	случай	уверенность
одержимый	тщеславие	созревать



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

vertising helps improve your 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 happy with the way you are. 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

dy image. vertising influences the way you l about your body.

u can't change yourself. u are better than others. eryone looks different.

like to change my appearance. training. Remember that it's more important to ion't know the person in the irror.

exercise regularly and eat healthily than to try to change your body to fit an unrealistic image. on't behave in a childish way.

Adverts sell fantasy and vanity, not reality. nanging from a child into an

Text 4

people will too!



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

you Text 4 at home in your body

Media The author's purpose is to explain that how we feel about ourselves is very important Alth and that we should ignore what the media alies not shows us and concentrate on what we like sin about ourselves. Wh for in each paragraph. Read each paragraph and you you underline the key words. Work out the main idea 2! If in each. Remember that the information may be you her paraphrased. exercise regularly and eat healthing than to try to change your body to fit an unrealistic image. Adverts sell fantasy and vanity, not reality.



Dor

E. G

D. Oh no

Match the words in bold in the text to their meanings. Then use them in sentences of your own. match The punishment should always fit the crime. fit Stop staring at that man! It's not polite. looking staring The amount of sleep I get affects my energy influences

affects levels.

I am trying hard to focus on my school work now. focus concentrate The athlete was tall and muscular. muscular well-built

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

Expensive beauty products appeal to people's vanity pride vanity. One's body matures a lot during adolescence. matures

develops My teacher's remarks were all very positive. comments remarks

If you have unrealistic expectations, you might be false unrealistic disappointed.



Find the word that doesn't match.

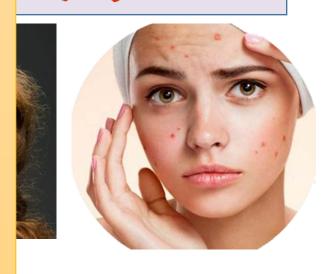
1. He's



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;

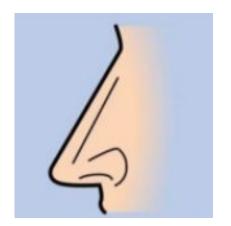
d/sporty ears.



spotty



2. He's go



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; †00 1**†**.



straight



4. Sh



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 - остроконечный,

заостренный;

Thin - тонкий:

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;





short

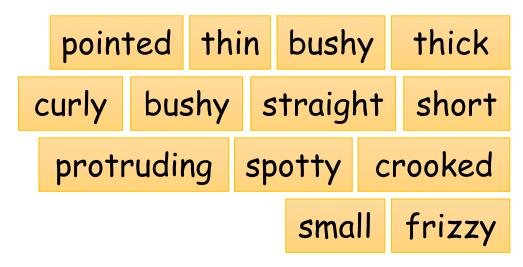




Think of a cartoon/fictional character or draw your own. Describe him/her to the class. Use these words.

Ears, nose, body, hair, eyebrows





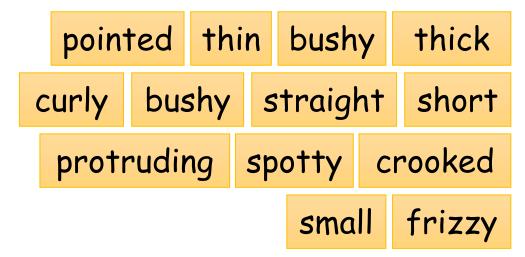
Peter Pan has got pointed ears, thin eyebrows and a straight nose. His hair is short and fair, and he's slim.



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



Ears, nose, body, hair, eyebrows



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. Hi 1 Wider

Get on a diet - садиться на

худеть;

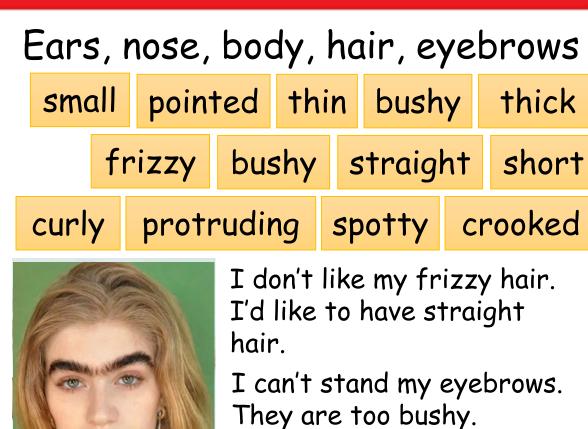
veight.

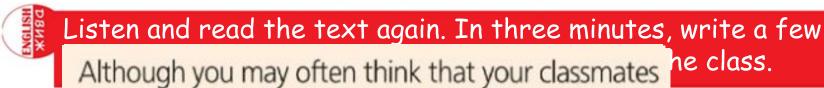
- and his voice h диету; Put on some weight - набрать 4. Since she saw the advert, she
- Bec; Grow taller/wider -5. She wants to **start/joir** становиться выше/шире; Join a gym - начать занятия в спортивном зале; Lose weight - сбрасывать вес,



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 Bee worried about







Wh notice every single pimple on your face or every Wh single pound you gain, this is not the case. It their body?

Wh What they notice is how you feel about yourself. You need to focus on the things you Se like about yourself and walk with confidence! If ab you like yourself and the way you look, other

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

ourselves.

bo training. Remember that it's more important to ch exercise regularly and eat healthily than to try to change your body to **fit** an **unrealistic** image.

Adverts sell fantasy and **vanity**, not reality.

fe people will too!

shoulders.

Text 2 Text 3

Text 5 Text 4

Text 1



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.

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.

Workbook





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 Teem's World

- 1 d Girls sometimes put
- 2 b Boys' shoulders
- 3 e Girls usually start
- 4 C Boys' voices get
- 5 a All these changes usually happen

- a over two to five years.
- b grow wider.
- c deeper.
- d on weight.
- 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.

It's unhealthy to lose a lot of weight in such a second control of the such as second

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 ...
 - I want to look like them, thinner and taller.

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.

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

If you have more A'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.