

Body Image



1 How would you describe the typical American man and woman? What do they look like? Do you think this is an accurate description of real Americans?

2 Read the text and then do the exercises below.

Find the word in the passage that means the following:

- 1 without a mark or stain
- 2 large and swelling
- 3 shining in the sun
- 4 the state of being fat
- 5 more healthy
- 6 a hairstyle common among street punks
- 7 ideas
- 8 a girl who behaves in a way usually considered boyish
- 9 losing one's hair
- 10 a large group

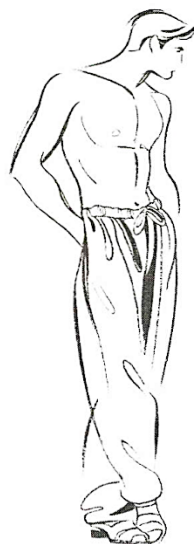
3 Find the nouns that go with the following adjectives.

long	sculpted
firm	wide
flat	slim
huge	pierced
tanned	stocky
god-like	short
muscular	double

4 Try to add some nouns to the adjectives in the box.

FIRST IMPRESSIONS

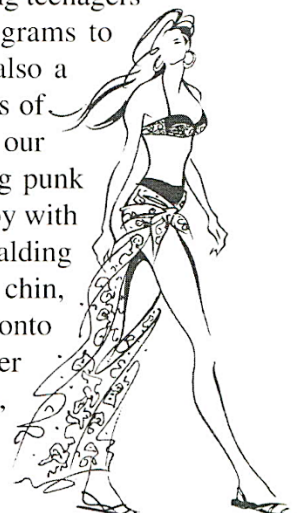
THE IMAGE OF AMERICA



For much of the world, America exists only on the television and cinema screen, and it has a certain image. The American Woman is seen walking on a beach, her toned body only slightly covered by a bikini. She has a perfect hourglass figure, accentuated by her long legs, firm thighs, flat stomach, and huge breasts, all of it wrapped up in a layer of tanned, unblemished skin. Next to her walks the god-like American Man, tall and muscular, his bulging biceps shining in the sun, a slight layer of sweat glistening on his sculpted chest and wide shoulders. This mythical couple seems to appear on every American television show and movie that is broadcast across the world.

In reality, however, America has a much different image, if it can be said to have one image at all. The first surprise is that America is not a slim nation. In

fact, obesity has become such a problem among teenagers that the government has started special programs to make schoolchildren fitter. But America is also a place where there are many different concepts of beauty, so on one street you will not only find our American Woman and Man, but also a young punk with a pink mohawk and pierced lips, a tomboy with short hair and a stocky masculine build, a balding businessman with his beer-belly and double chin, and a whole host of others who never make it onto the television screen. It is just another reminder that, in America as well as the rest of the world, life is much bigger, and much more interesting, than what we see on the television screen.



First Impressions

gorgeous
stunning
handsome
well-built
athletic
pear-shaped

fat / portly / corpulent / well-rounded
obese
gross
dumpy
thin
emaciated

skinny
slim / slender
lithe
dark × light
tomboy
beauty is only skin deep

UNDERSTANDING BODY IMAGE AND ITS IMPACT

Social media, advertisements, and magazines often promote unrealistic beauty standards. How does this affect the way we view ourselves?

How do different cultures view body image, and how do beauty standards vary across the world? For example, the ideal body in one country might be different from another.

What beauty standards are present in your culture, and how do they make you feel about your body?

What are the emotional and psychological effects of poor body image?

How can having a positive body image contribute to our mental well-being?

What do you know about the body positivity movement?

If you've never heard of it, Google it and find some information about it.

How can friends and family contribute to our self-esteem and body image?

How are body image concerns different for teenagers, adults, and older adults?

How does this affect their bodies?

Discuss how adopting healthy habits (eating nutritious foods, exercising for strength and well-being, etc.) is more important than striving for a particular look.



HEAD AND FACE

1  You will hear a conversation between Ms Begbie, a woman who has had her purse stolen, and a police officer. Listen to the description of the mugger and then match it to one of the pictures below.



2 One of the four adjectives on each line does not collocate with the same noun as the other adjectives. Add the right nouns and write your answers in the table below.

- a even gapped chapped bucked
- b pointed rosy double dimpled
- c straight curly short low
- d dimpled straight Roman hooked
- e oval wrinkled lined slanted
- f arched plucked bushy receding
- g high short low furrowed
- h high-boned rosy pale lank
- i full chapped yellow cracked

a	chapped lips	bucked / even / gapped teeth
b		
c		
d		
e		
f		
g		
h		
i		

3 Look at the other three men in the pictures and match them with the following descriptions.

- slanted eyes
- flat crooked nose
- birthmark under the right eye
- birthmark on one cheek
- beard
- straight nose
- dimpled chin
- scars
- moustache
- thick bushy eyebrows
- pockmarked face
- thin lips
- thick arched eyebrows
- double chin
- round eyes
- round face

4 Think of a famous person (an actor, singer, politician) or a student or a teacher you know. Use the collocations from this and the preceding page to describe them. Write at least two or three sentences, then read them out without saying who the person is. The other students can guess who you are describing.

7 Look at your classmates. Try to describe their faces, using the vocabulary from the box below. Prepare at least three descriptions and let your partner guess who they refer to. Example:

She has got curly auburn hair with a parting in the middle. Her face is round with a high forehead...



1

.....

.....

2

.....

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3

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Head and Face

Hair

blond
fair
auburn
red
ginger
brown
black
grey
curly
frizzy
wavy
straight
mousy
greasy
lank
dry
full of dandruff
plaited
ponytail
to be balding / bald
receding hairline

to be thin on top

crew cut
afro
dreadlocks
mohawk
parting (GB) / part (US)

Facial hair

moustache
beard
whiskers
goatee
sideburns

Face

round
square
oval
aquiline
pockmarked
spotty
acne
pimples

wart

mole
birthmark
dimple
freckled
lined
craggy
wrinkled
fresh × pale complexion

Forehead

furrowed
wrinkled
high
low

Eyes

oval
slanted × wide
sunken
deepset
sparkling
dull

Eyebrows

straight
arched
thick
thin
plucked
bushy

Nose

bulbous
straight
hooked
Roman
snub
broken
flat
veined
drinker's

Cheeks

rosy
high-boned
cheekbone

Chin

long
pointed
short
chiselled
double
cleft
dimpled

Lips

full
thin
cracked
chapped

Teeth

even
crooked
gapped
horsy
yellow
bad
bucked



BE THE FIRST PLAYER TO CORRECTLY GUESS THE OPPONENT'S MYSTERY CHARACTER BY ASKING YES-OR-NO QUESTIONS.

How to Play

- Each player chooses a character and keeps it secret.
- Players take turns asking yes-or-no questions to eliminate characters.

Example: "Does your character have glasses?"

- Keep narrowing down the options until you're confident about the opponent's mystery character.
- When you're ready, take a guess! But be careful — if you guess wrong, you lose the game.

