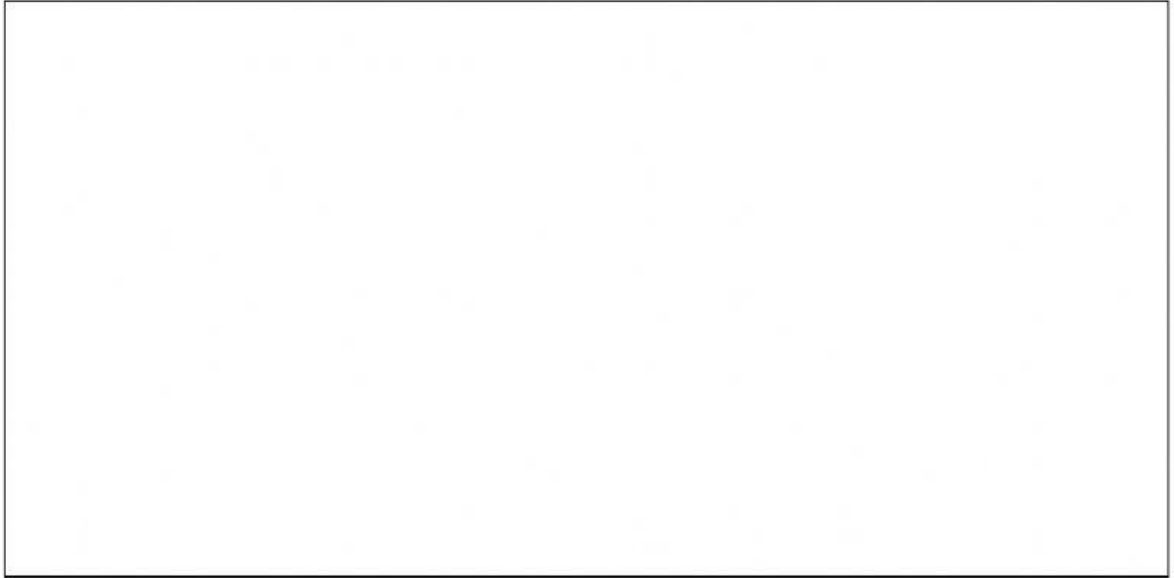


### **S31-1 listening**



1. I prepared for this competition for six months
2. Behind this perfect bikini body
3. It says "sitting outside. I got you a mocha"
4. The calories, the sugar, the dairy
5. I'm having one of those ugly cry moments
6. I also realised that my body image struggles robbed me of so many of life's beautiful experiences
7. Where I was too scared of the calories in the cookies, so I didn't go
8. To describe how we feel about ourselves, particularly our bodies
9. They are an experience
10. Or you are just struggling with self worth in general

## Vocabulary

| Date       | Time  | Location       | Weather | Remarks          |
|------------|-------|----------------|---------|------------------|
| 1998-01-01 | 08:00 | St. John's, NL | Clear   | Arrived at 07:30 |
| 1998-01-01 | 12:00 | St. John's, NL | Clear   | Left at 11:30    |
| 1998-01-01 | 18:00 | St. John's, NL | Clear   | Arrived at 17:30 |
| 1998-01-02 | 08:00 | St. John's, NL | Clear   | Arrived at 07:30 |
| 1998-01-02 | 12:00 | St. John's, NL | Clear   | Left at 11:30    |
| 1998-01-02 | 18:00 | St. John's, NL | Clear   | Arrived at 17:30 |
| 1998-01-03 | 08:00 | St. John's, NL | Clear   | Arrived at 07:30 |
| 1998-01-03 | 12:00 | St. John's, NL | Clear   | Left at 11:30    |
| 1998-01-03 | 18:00 | St. John's, NL | Clear   | Arrived at 17:30 |
| 1998-01-04 | 08:00 | St. John's, NL | Clear   | Arrived at 07:30 |
| 1998-01-04 | 12:00 | St. John's, NL | Clear   | Left at 11:30    |
| 1998-01-04 | 18:00 | St. John's, NL | Clear   | Arrived at 17:30 |
| 1998-01-05 | 08:00 | St. John's, NL | Clear   | Arrived at 07:30 |
| 1998-01-05 | 12:00 | St. John's, NL | Clear   | Left at 11:30    |
| 1998-01-05 | 18:00 | St. John's, NL | Clear   | Arrived at 17:30 |
| 1998-01-06 | 08:00 | St. John's, NL | Clear   | Arrived at 07:30 |
| 1998-01-06 | 12:00 | St. John's, NL | Clear   | Left at 11:30    |
| 1998-01-06 | 18:00 | St. John's, NL | Clear   | Arrived at 17:30 |

|          |        |              |     |            |
|----------|--------|--------------|-----|------------|
| work     | out on | insecurities | fix | appreciate |
| obsessed | heal   | apart        | fit | lack       |

1. My life is falling \_\_\_\_\_. I don't know what to do.
2. I missed \_\_\_\_\_ on so many things in my life.
3. Going on a diet will not \_\_\_\_\_ your body insecurities.
4. You are going to exhaust your body if you \_\_\_\_\_ out every day.
5. Too many young girls are \_\_\_\_\_ with how they look.
6. If you want to be \_\_\_\_\_ and healthy you should choose good food and exercise moderately.
7. They say time will \_\_\_\_\_, but it will not happen if you don't treat your wounds properly.
8. You should \_\_\_\_\_ your body and stop trying to fix it.
9. Modern mass media images cause a lot of body image \_\_\_\_\_
10. \_\_\_\_\_ of necessary vitamins and minerals can cause health problems.

## Grammar

Translate into English

1. Я никогда не сидела на диете.

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2. Ты когда-нибудь упускала что-то важное?

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3. Я никогда не была одержима своим весом.

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4. Ты когда-нибудь был расстроен из-за того, как ты выглядишь?

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5. Я никогда в моей жизни не была в такой хорошей физической форме.

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## **Speaking**

1. What is your opinion about body positive movement?
2. What is your relationship with your body image?
3. Have you ever been dieting hardcore? Do you have any rules when it comes to food now?
4. How do you understand 'treat your body as an experience'?

## **S29- listening 2**

1. You will not believe what just happened