Task 1. Listen to the abstracts, fill in the gaps, and match the right halves.

Hammer eat right stocky incredibly built shaming great shape effort barely from Slimmed literally insulting athlete stay slender frame blokes

To Be in Shape 🎧

To and 1_____
Make an 2_____

How to use it:

"I used to be 3_____in my early twenties, but now I'm so busy I 4_____have any time to get in the gym."

"I hate going to the gym, so if I want to 5_____in shape, I need to 6_____and go out for walks or bike rides."

Stocky 🎧

Fat-7_____: Olympic Sports
Words other than fat: stocky, big-boned, curvy
Well-defined / Sculpted / Chiseled: muscular for men, can be demeaning for
8_____Throw, Shot Put: women
Stacked: easily seen muscles
Acceptable words for strong Women: Built, a Powerhouse
                                      Being rude or insulting of people's bodies

How to use it:

"He's definitely not fat. He's one of the strongest 9_____I know. He's 10_____, definitely."

"She's an 11_____ woman, and she's worked really hard to get that way."

Slender/Slim 🎧

Body shaming: Being rude or 12_____when related to someone else's body
13_____down: lost weight

How to use it:

"It 14_____didn't matter how much he ate, he'd always stay slim."

"She still has a very 15_____, probably from years of being an 16_____."

Task 2. Match the words with their correct definitions.

1. Well-built   a) Someone who is both broad and short
2. Bald   b) Someone who looks young and healthy
3. Plain   c) Someone who looks stronger and bigger than the average person
4. Scruffy   d) Someone who is both tall and skinny
5. Youthful   e) Someone whose appearance is noticeable and interesting
6. Stocky   f) Someone who is average looking and not noticeably beautiful
7. Lanky   g) Someone who looks untidy and unkempt
8. Striking   h) Someone with no hair

Task 3. Read an article and fill in the gaps with the words in the box.

> *celebrates, deconstructing, reconstructing, inclusive, socially constructed, conform, hegemonic, perceptions, empowerment, celebrate, youthful, embrace, internalized, perpetuated, diversity (2)*

Beauty standards and stereotypes are not only _____(1) by the media, but they are also _____(2) by individuals. As a result, people feel pressured to _____(3) to these standards in order to be accepted by society. However, it is important to recognize that beauty is not static; it is a _____(4) concept that varies across cultures and changes over time.

In the past, beauty was often associated with wealth and power. For example, in ancient China, foot binding was practiced among the upper class as a symbol of status and beauty. Similarly, in Europe during the Renaissance, being plump was considered attractive because it signified that one had enough food to eat.

Today, the dominant beauty standard is heavily influenced by the media. Images of thin, _____(5), and flawless models are pervasive in advertisements, movies, and television shows. This _____(6) ideal has led many people, especially women, to develop negative body image and engage in unhealthy behaviors such as extreme dieting and cosmetic surgery.

Fortunately, there is a growing movement to challenge these narrow beauty standards and promote body positivity and _____(7). The Body Positive organization, for instance, aims to help people develop self-love and acceptance regardless of their size or shape. Likewise, the Dove Campaign for Real Beauty seeks to redefine beauty by featuring women of various ages, sizes, and ethnicities in its advertisements.

In addition to these efforts, social media has played a significant role in challenging traditional beauty norms. Online platforms have provided a space for marginalized communities to _____(8) their unique features and challenge mainstream beauty standards. The hashtag #BlackGirlMagic, for example, _____(9) the beauty, strength, and resilience of black women and girls. Similarly, the #EffYourBeautyStandards movement encourages people to _____(10) their bodies and reject societal expectations.

While these initiatives are certainly steps in the right direction, it is essential to remember that true _____(11) comes from within. Instead of trying to fit into a predetermined mold, individuals should focus on developing a positive self-image and nurturing their physical and mental well-being. This can be achieved by practicing self-care, surrounding oneself with supportive and uplifting people, and engaging in activities that bring joy and fulfillment.

In conclusion, beauty standards are not fixed or universal; they are constantly evolving and vary across cultures. It is crucial to challenge the narrow definitions of beauty perpetuated by the media and embrace _____(12) in all its forms. By _____(13) these stereotypes and _____(14) our own _____(15) of beauty, we can create a more _____(16) and accepting society for everyone.

Task 4. 📺 Watch this video about people discussing beauty standards in America. Answer the questions:

1. What percentage of women in America have the "ideal" body shape?
_____

2. What was the average rating that people gave themselves?
_____

3. Do you think that beauty should be based on society's ideals? Why or why not?
_____

4. Why do you think people look so unrealistic in advertisements?
_____

5. How do you think beauty standards affect people?
_____

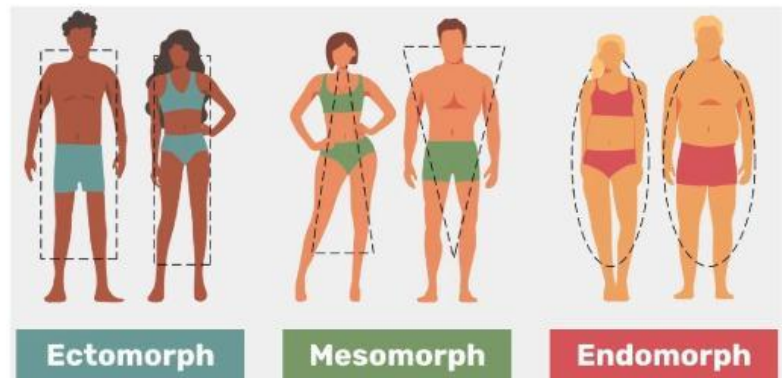6. Can you think of other unhealthy beauty standards?
_____

7. What can we do to help everyone feel beautiful?
_____
_____

Task 5. Fill in the gaps and take a body type quiz.

sturdy, curvy (2), stocky, chubby, lanky

Have you ever wondered what your body type is? There are three main types: endomorph, mesomorph and ectomorph. People with endomorph bodies tend to be _____(1) or round. They often have a slow metabolism and find it hard to lose weight. Mesomorphs are muscular and athletic. They have a faster metabolism than endomorphs. Ectomorphs are thin and tall. They have a high metabolism and can eat a lot without gaining weight. Use this guide to help you decide which body shape you have.

1. Your height
a. Tall b. Medium c. Short
2. Your build (how wide you are)
a. Wide b. Medium c. Narrow
3. Your shoulders
a. Round b. Square c. Sloping
4. Your waist
a. Thick b. Thin c. Narrow
5. Your muscles
a. Hardly any b. Average c. Strong
6. Your arms and legs
a. Long and thin b. Average length and width c. Short and _____(2)
7. Your hands and feet
a. Big b. Average size c. Small

Ectomorph   Mesomorph   Endomorph

Mostly As - Endomorph
You're probably quite short and round. You might have a big bottom and large breasts if you're female. You might also have a double chin and love handles. If you're male, you might have a beer belly. Although you may find it hard to lose weight, you're probably very strong.

Mostly Bs - Mesomorph
You're probably medium height and well-built. You might have broad shoulders and a narrow waist. If you're male, you might have a six-pack and bulging biceps. If you're female, you're probably _____(3) but not _____(4). You might have a small waist and big hips.

Mostly Cs - Ectomorph
You're probably tall and thin. You might have long, _____(5) arms and legs. If you're female, you might have small breasts, narrow hips and a flat bottom. If you're male, you might be quite muscular but not _____(6).

Task 6. Complete the sentences using new vocabulary, the first letter is given.
It's a fact that different people have different body shapes. Some are short and

s_____, others are tall and l_____. But how can we describe these different shapes in English?

If you're talking about someone who is neither fat nor thin, you can say that they are of average build or medium height.

If you want to be more specific, you can say that they are slim or s_____(if they are thin), or c_____ (if they have a nice shape with a small waist and wide hips).

If you don't think someone is attractive, you can say that they are p_____ (if they're a woman) or sc_____ (if they're a man).

There are lots of ways to describe someone's face, too. You can say that they have a round / square / oval / heart-shaped face, or high / flat cheekbones. If their lips are full and their eyes are bright and sparkling, you can say that they have a s_____ appearance. If their nose is very big, or if their chin is very pronounced, you can say that they have a big nose or a pointed chin.

And what about height? If someone is very tall and thin, you can say that they are lanky. If they are short and thin, you can say that they are p_____. If they are short and fat, you can say that they are c_____. And if they are tall and fat, you can say that they are b_____. If they are short and strong, you can say that they are s_____.

Finally, if they are well-built, you can say that they are broad-shouldered. Remember that it's not polite to talk about people's appearance in English, especially if you're talking about their weight. It's also not polite to use these words to describe someone if you don't know them very well.

Task 7. Express your opinion on one of the given topics, using new expressions.

- *"Should society prioritize individuality over conformity when it comes to beauty standards?*
- *"The influence of cultural and historical factors on beauty standards: How have societal norms regarding beauty evolved, and what role do they play in our perceptions today?"*

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