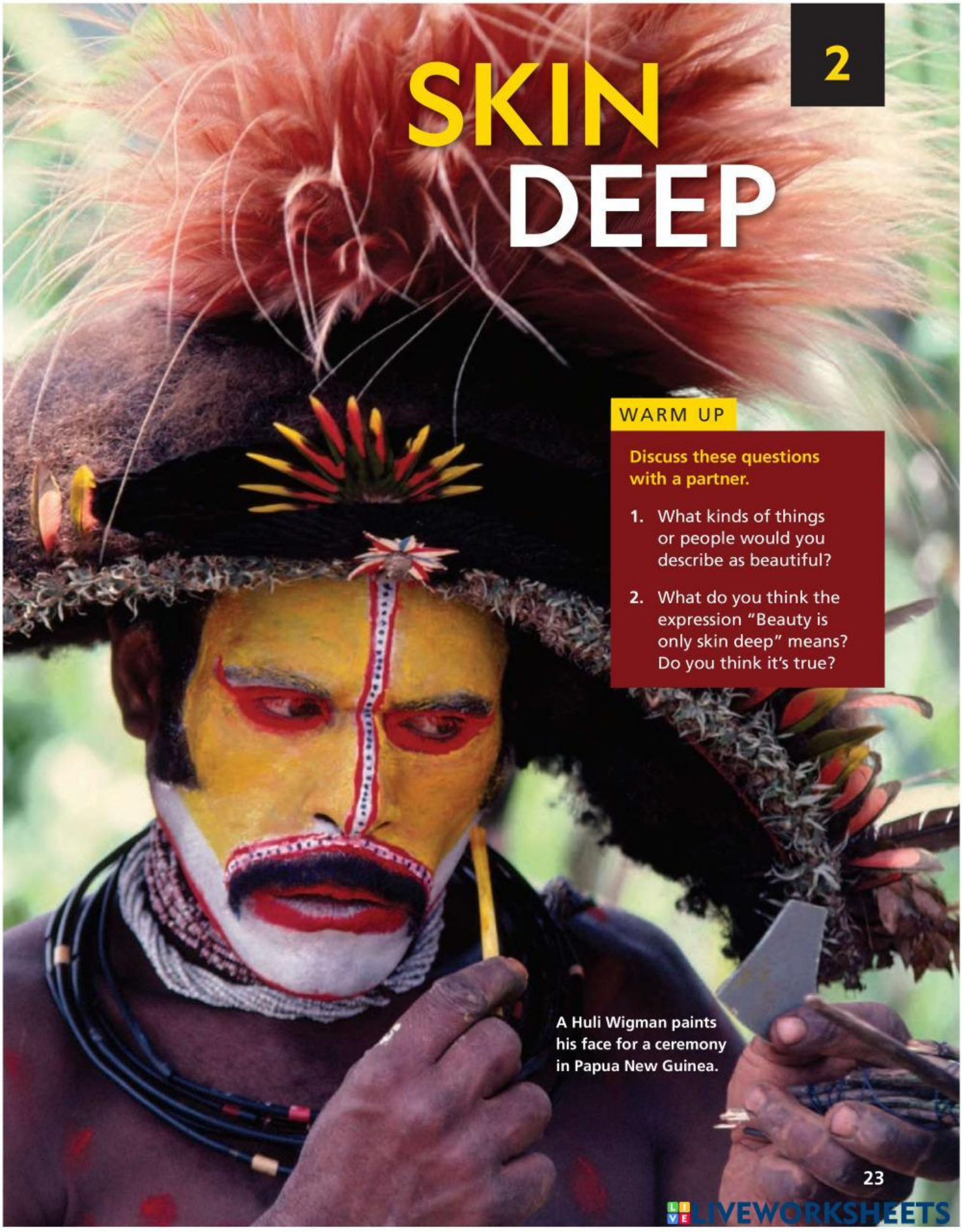
2

SKIN DEEP



A Huli Wigman paints his face for a ceremony in Papua New Guinea.

WARM UP

Discuss these questions with a partner.

1. What kinds of things or people would you describe as beautiful?
2. What do you think the expression "Beauty is only skin deep" means? Do you think it's true?

LIVEWORKSHEETS

2A



^ Smiling women adorned with face paint in Cape Town, South Africa

BEFORE YOU READ

DISCUSSION **A.** Read the statements about beauty. Check (✓) the ones you agree with. Then discuss your answers with a partner.

- ☐ I spend a lot of time thinking about my appearance.
- ☐ I think good-looking people have easier lives than other people.
- ☐ I think it's fine for men to wear makeup.
- ☐ Women are judged on their looks more than men are.

PREVIEWING **B.** Work with a partner and note answers to these questions. Then read the passage and check your ideas.

1. Do you think people around the world probably have similar ideas about beauty and appearance? Why or why not?
2. In what ways do you think society and culture influence how we perceive, or regard, beauty?

LIVEWORKSHEETS

WHAT IS BEAUTY?

A The search for beauty spans centuries and continents. Paintings of Egyptians dating back over 4,000 years show both men and women painting their nails and wearing makeup. On the other side of the globe, the ancient Maya of Central America considered crossed eyes[1] beautiful, and hung little balls between children's eyes to develop this look. In 18th-century France, wealthy noblemen[2] wore large wigs of long white hair to make themselves attractive. In cultures throughout the world, people have gone to extreme lengths to achieve beauty.

B Today, people continue to **devote** a lot of time and money to their appearance. According to a recent report, one out of three **consumers** globally say they are spending more money on beauty and health-care products than ever before. Worldwide, sales of makeup, dieting, hair- and skin-care products—as well as gym memberships and cosmetic surgery[3]—generate billions of dollars every year. And there is at least one good reason for the **desire** to be attractive: Beauty is power. Studies suggest that good-looking people make more money, get called on more often in class, and are perceived as friendlier.

C But what exactly *is* beauty? Trying to define it is difficult, and yet we know it when we see it—or so we think. "Beauty is health," says one psychologist. "It's a billboard saying, 'I'm healthy. I can pass on your genes.'" And our awareness of it may start at a very early age. In one set of studies, six-month-old babies were shown a series of photographs. The faces in the pictures had been rated for attractiveness by a group of college students. In the studies, the babies spent more time looking at the attractive faces than the unattractive ones.

1 **Crossed eyes** are eyes that seem to look toward each other.
2 **Noblemen** are men who belong to a high rank, title, or status.
3 **Cosmetic surgery** is surgery done to make someone look more attractive.



A Chinese opera star carefully applies her makeup.

LIVEWORKSHEETS



D The idea that even babies judge appearance makes perfect sense to many researchers. In studies done by psychologists such as Victor Johnston at New Mexico State University and David Perrett at the University of St. Andrews in Scotland, men regularly showed a preference for women with certain **features**: larger eyes, clear skin, fuller lips, and a smaller nose and chin. Another study suggests that women prefer men with large shoulders and a narrow waist. According to scientists, the mind unconsciously tells men and women that these traits—the full lips, clear skin, strong shoulders—equal health and genetic well-being. In other words, it's a fundamental part of human nature to look for these qualities in a mate.

LIVEWORKSHEETS



Actors in historical costumes prepare to perform a comedy by French playwright Molière.

E Not everyone agrees with this **notion**, however. "Our hardwiredness can be altered by all sorts of expectations—predominantly cultural," says C. Loring Brace, an anthropologist at the University of Michigan. What is considered attractive in one culture might not be in another. Look in most Western fashion magazines, for example, and the women on the pages are thin. But is this the "perfect" body type for women worldwide? Douglas Yu, a biologist from Great Britain, and Glenn Shepard, an anthropologist at the University of California at Berkeley, say no. For them, what is considered beautiful is **subjective** and varies around the world. Yu and Shepard found in one study, for example, that native peoples in southeast Peru preferred shapes regarded as overweight in Western cultures.

F Take another example: In every culture, one's hairstyle sends a clear message. In the Huli culture of Papua New Guinea, men grow their hair long as a symbol of health and strength. Teenage boys in this culture learn from a young age to style and decorate their hair—a behavior more commonly **associated with** the opposite **gender** in many cultures. It is also the men in this culture who are the objects of beauty. For certain festivals and celebrations, men dress up and paint their faces. The more colorful a man is, the more masculine[4]—and attractive—he is considered.

G For better or worse, beauty plays a role in our lives. But it is extremely difficult to define exactly what makes one person attractive to another. Although there do seem to be certain physical traits that are considered universally appealing, it is also true that beauty does not always **conform** to a single, **uniform** standard. In the end, beauty really is, as the saying goes, in the eye of the beholder.[5]

4 **Masculine** qualities and things are typical for men, as opposed to women.

5 If you **behold** something, you look at it.

LIVEWORKSHEETS

READING COMPREHENSION

A. Choose the best answer for each question.

GIST **1.** What is this reading mainly about?

a. different ideas about beauty
b. the history of beauty
c. the world's most beautiful people
d. how beauty is power

DETAIL **2.** The ancient Maya hung balls between children's eyes _____.

a. as a form of jewelry
b. to differentiate boys from girls
c. because they thought crossed eyes were beautiful
d. to add an attractive "third" eye



A beauty treatment using snails is demonstrated at a salon in Tokyo.

DETAIL **3.** In paragraph C, the babies in the study _____.

a. were shown photos of attractive students
b. were entered into a beauty contest
c. were rated for their beauty
d. were able to tell attractive from unattractive faces

VOCABULARY **4.** In the second sentence of paragraph E, *predominantly* can be replaced with _____.

a. hardly
b. mainly
c. exactly
d. probably

DETAIL **5.** What determines the beauty of a Huli man in Papua New Guinea?

a. how young he is
b. his colorful makeup
c. his strength
d. the size of his mask

SCANNING FOR INFORMATION

Review this reading skill in Unit 1B

B. Which paragraphs of the reading passage (A–F) contain the following information?

1. an argument that culture plays a part in perceptions of beauty _____
2. an explanation of how some standards of beauty might be universal _____
3. a definition of *beauty* _____
4. a reference to the beauty-care industry _____
5. an example of a culture where men wear makeup _____
6. a time frame _____

LIVEWORKSHEETS

Analyzing a Writer's Claims

A reading passage may contain one or more claims—statements that suggest something is true or real—made by the writer. As a reader, it's important to evaluate these claims to see how well they are supported. There are several ways to support a claim.

Claim: In the United States, cosmetic surgery is increasingly popular.

- **Reason**: One reason for this is that certain cosmetic surgeries are becoming more affordable.
- **Example**: Several popular reality-TV shows depict the positive side of the industry.
- **Statistics**: According to the American Society of Plastic Surgeons, there were 17.5 million cosmetic procedures performed in 2017, a 2 percent increase from the year before.
- **Expert opinion**: According to the head surgeon of one leading clinic, more people are now looking for ways to reshape their bodies.

ANALYZING CLAIMS

A. Look back at paragraphs A–C in the reading passage to complete these student notes.

"The search for beauty spans centuries and continents." (paragraph A)

- Egyptian 4,000 y. o. paintings show ppl w/ painted [1]_____
- 18th c. French noblemen wore large white [2]_____

"Today, people continue to devote a lot of time and money to their appearance." (paragraph B)

- 1 out of [3]_____ people spending more money
- [4]_____ of $$$ in sales of beauty products + services worldwide

"[O]ur awareness of it may start at a very early age." (paragraph C)

- [5]_____-month-old babies spent more time looking at attractive faces than unattractive ones

ANALYZING CLAIMS

B. The writer makes claims that perceptions of beauty may or may not be universal. Note down how the writer supports these claims. _____

_____

CRITICAL THINKING Evaluating Claims

Discuss these questions with a partner.

- What do you think the expression "Beauty is in the eye of the beholder" (paragraph G) means?
  a. Beauty is perceived differently by different people.
  b. Without vision, we can't perceive beauty
  c. Beauty is held in very high regard.
- Can you think of some examples to support this opinion?

LIVEWORKSHEETS

VOCABULARY PRACTICE

COMPLETION **A.** Complete the information using the correct form of the words or phrases in the box. One word is extra.



Anita Roddick (1942–2007)

associate with	**conform**	**consumer**
devote	**gender**	**notion**

Anita Roddick, founder of The Body Shop, was committed to improving the world we live in. Throughout her career she refused to [1]_____ to business practices that she saw as destructive to the environment. Roddick believed in the [2]_____ that "business can and must be a force for positive social change." These beliefs meant her company [3]_____ time and money to raising awareness of the need to protect the environment. She supported developing countries, and created more environmentally friendly beauty products for [4]_____ to buy. While Roddick is most closely [5]_____ The Body Shop, she also started a charity to help children in various parts of the world. Roddick died in 2007, but The Body Shop is still a model for ethically conscious businesses everywhere.

COMPLETION **B.** Complete the sentences using the correct form of the words in the box. One word is extra.

desire	**feature**	**gender**
notion	**subjective**	**uniform**

1. People don't have _____ ideas on what beauty is; opinions vary greatly.
2. Nowadays, many people of both _____ buy and use cosmetics.
3. People use makeup to enhance their _____—for example, by using blush to make their cheeks look pinker and healthier.
4. Our ideas about beauty are highly _____; what one person finds attractive may be unattractive to another.
5. The _____ to look young has led to a boom in sales of anti-aging products.

WORD LINK **C.** The word root *form*, as in **uniform**, means "shape." Complete the sentences with the correct form of the words in the box. One word is extra.

deformed	**format**	**conform**	**transform**	**uniform**

1. There isn't a _____ standard for indicating shoe size—a men's size 10 in the U.K is a size 9 in Mexico and a size 273 in Korean.
2. Students are expected to _____ to the rules and regulations written in the school handbook.
3. Volunteers _____ the old warehouse into an exciting art space.
4. Many colleges expect essays to be _____ in 12-point font.

LIVEWORKSHEETS

2B

BEFORE YOU READ

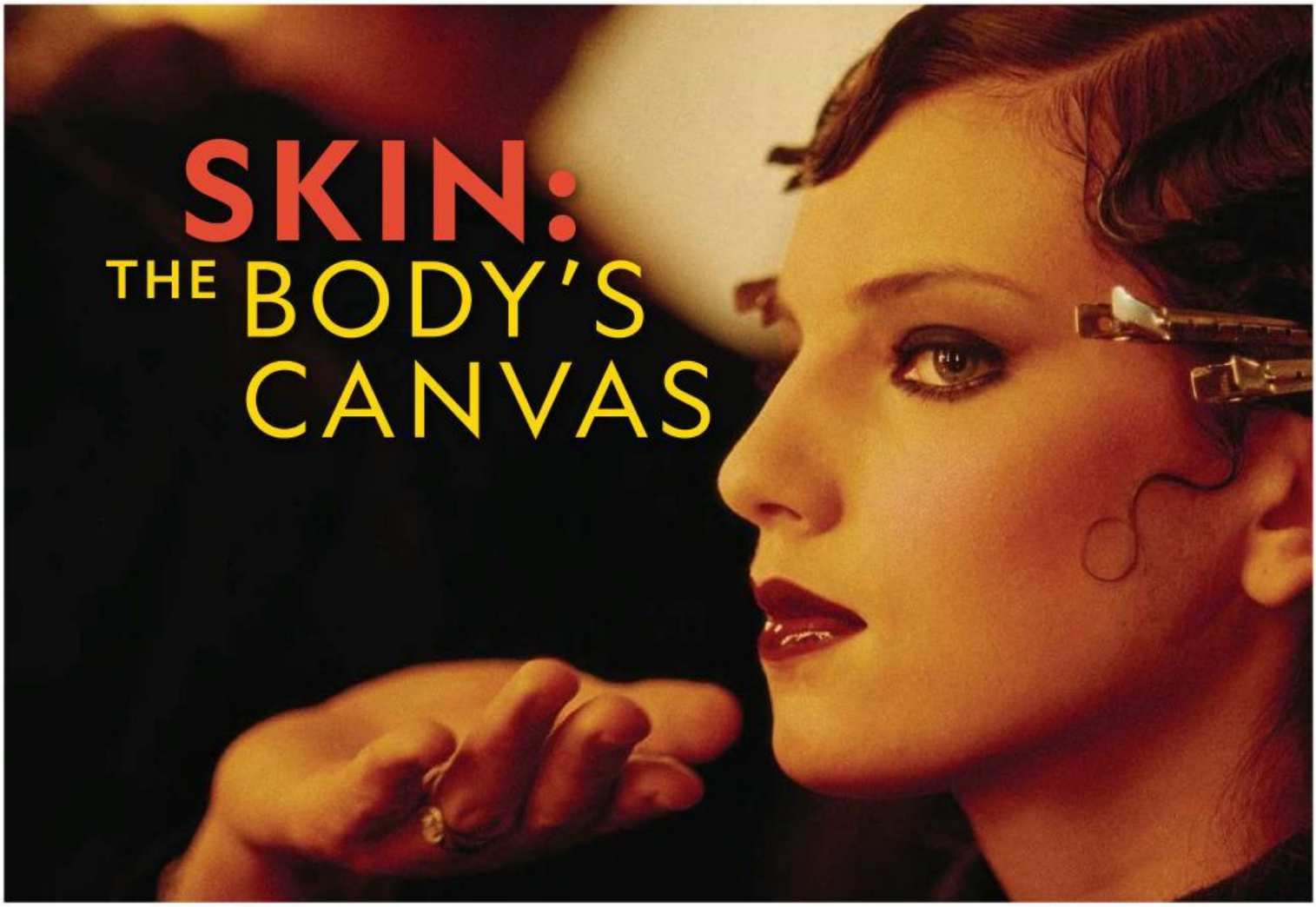
DISCUSSION **A.** Work with a partner. Brainstorm three ways that people can change the appearance of their skin.

PREVIEWING **B.** Why do you think people change their skin in these ways? Note some reasons. Then read the passage and check your answers.



› Facial and body tattoos are common among the Maori of New Zealand.

LIVEWORKSHEETS



SKIN: THE BODY'S CANVAS

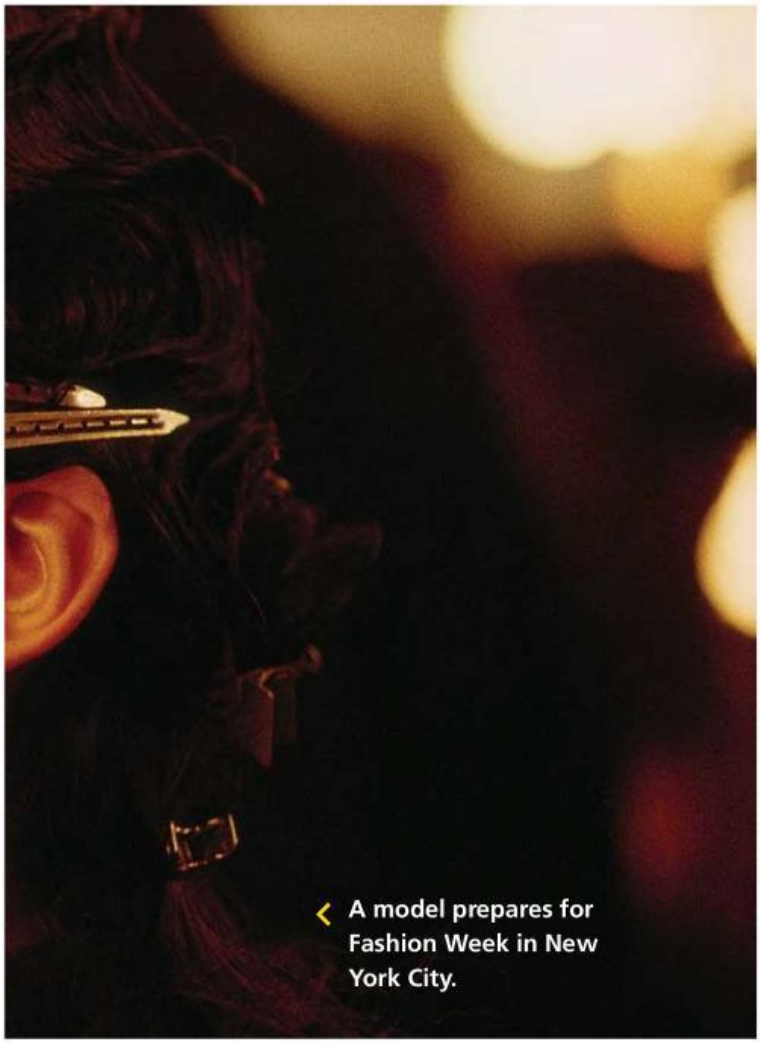
A If you could take off your skin and lay it flat, it would cover an area of about 1.9 square meters. Skin is, by far, the body's largest organ. Covering almost the entire body, skin protects us from a variety of **external** forces. For example, it protects us from extremes of temperature, damaging sunlight, harmful chemicals, and dangerous infections. Skin is also packed with nerves, which keeps the brain in touch with the outside world. The health of our skin and its ability to perform its **protective** functions are **crucial** to our well-being. However, the appearance of our skin is equally—if not more—important to many people on this planet.

B Take skin color, for example. Your genes determine your skin's color, but for centuries, humans have tried to lighten or darken their skin in an attempt to be more attractive. In the 1800s, white skin was desirable for many Europeans. Skin this color meant that its owner was a member of the upper class and did not have to work in the sun. Among darker-skinned people in some parts of the world, products used to lighten skin are still popular today. During the 20th century, attitudes toward light skin shifted in the opposite direction in other cultures, as cities grew and work moved indoors. Tanned skin began to indicate **leisure** time and health. In many places today, tanning on the beach or in a salon remains popular, even though people are more aware of the dangers of UV rays.[1]

Identity and Status

C Just as people have altered their skin's color to denote wealth and beauty, so too have cultures around the globe marked their skin to indicate

LIVEWORKSHEETS



A model prepares for Fashion Week in New York City.

cultural identity or community **status**. Tattooing, for example, has been carried out for thousands of years. Leaders in places including ancient Egypt, Britain, and Peru wore tattoos to mark their status, or their bravery. Today, among the Maori people of New Zealand as well as in cultures in Samoa, Tahiti, and Borneo, full-facial tattoos are still used to identify the wearer as a member of a certain family. These tattoos can also symbolize the person's achievements in life.

D In Japan, tattooing has been practiced for thousands of years, but was outlawed in the 19th century. Although there are no laws against it today, tattoos are still strongly associated with **criminals**—particularly the *yakuza*, or the Japanese mafia,[2] who are known for their full-body tattoos. The complex design of a *yakuza* member's tattoo usually includes symbols of character traits that the wearer wants to have. The process of getting a full-body tattoo is both slow and painful and can take two years or more to complete.

E In some cultures, scarring—a marking caused by cutting or burning the skin—is practiced, usually among people who have darker skin on which a tattoo would be difficult to see. For many men in West Africa, for instance, scarring is a rite of passage—an act that symbolizes that a male has **matured** from a child into an adult. In Australia, among some native peoples, cuts are made on the skin of both men and women when they reach age 16 or 17. Without these, they were traditionally not permitted to trade, sing ceremonial songs, or participate in other activities.

F Not all skin markings are **permanent**, though. In countries such as Morocco and India, women decorate their skin with colorful henna designs for celebrations such as weddings and important religious holidays. The henna coloring, which comes from a plant, **fades** and disappears over time.

G In recent years in many industrialized nations, tattooing, henna body art, and, to a lesser degree, scarring have been gaining in popularity. What makes these practices appealing to those living in modern cities? According to photographer Chris Rainier, whose book *Ancient Marks* examines body markings around the globe, people are looking for a connection with the traditional world. "There is a whole **sector** of modern society—people in search of identity, people in search of meaning . . .," says Rainier. "Hence, [there has been] a huge explosion of tattooing and body marking." Rainier reasons that it's "mankind wanting identity, wanting a sense of place . . . and a sense of culture within their community."

1 **UV rays** (or **ultraviolet rays)** from sunlight cause your skin to become darker.

2 The **mafia** commonly refers to a criminal organization that makes money illegally.

LIVEWORKSHEETS

READING COMPREHENSION



The scars on the face of a Gobir woman from Niger indicate her tribal membership.

A. Choose the best answer for each question.

GIST **1.** What is this reading mainly about?

a. the skin's role in our overall health
b. the ways people change the appearance of their skin
c. the different reasons people get tattoos
d. cultural ceremonies that involve skin tattooing

INFERENCE **2.** What can we infer about the tattoos of the Maori?

a. Only men get facial tattoos.
b. Members of the same family have similar facial tattoos.
c. No one gets their entire face tattooed anymore.
d. Both men and women get facial tattoos but never body tattoos.

DETAIL **3.** Why are tattoos disapproved of in Japanese society?

a. They are often associated with crime.
b. They often have political messages.
c. They look unattractive.
d. They can only be made illegally.

REFERENCE **4.** In the last sentence of paragraph E, what does *these* refer to?

a. cuts
b. customs
c. males
d. celebrations

DETAIL **5.** What is NOT true about henna designs?

a. They are used to celebrate religious holidays.
b. Women decorate their skin with them.
c. They are permanent.
d. They are made with plants.

ANALYZING CLAIMS

Review this reading skill in Unit 2A

B. Write short answers to the questions below. Use up to three words or numbers from the passage for each answer.

1. Skin is "… by far the body's largest organ." How big is it, exactly?

_____

2. Skin "protects us from a variety of external forces." What is ONE example of an external force?

_____

3. "In recent years in many industrialized nations, tattooing … [has] been gaining in popularity." What is the name of the expert who gives an opinion about this?

_____

LIVEWORKSHEETS

READING SKILL

Summarizing the Main Idea of Paragraphs

Understanding the main idea of each paragraph can be especially useful when taking notes, or when creating a summary outline or word web of the reading. As you read, one strategy is to summarize the main idea of each paragraph so that you can easily identify it later. For each paragraph, read the first sentence and then quickly skim the rest of the paragraph. Then determine what the paragraph is mainly about and write a short note in the margin.

SUMMARIZING THE MAIN IDEA

A. Look back at the reading passage. Choose the main idea of paragraphs A–C.

1. Paragraph A

a. the role our skin plays in our overall health
b. the importance of skin health and appearance

2. Paragraph B

a. the reasons for changing skin color in recent centuries
b. skin tanning as a symbol of leisure time and health

3. Paragraph C

a. the history of facial tattooing
b. cultural reasons for tattooing

B. Now identify and note the main idea of paragraphs D–F.

Paragraph D _____

_____

Paragraph E _____

_____

Paragraph F _____

_____

CRITICAL THINKING Applying Ideas

- What do people do to express their individual identity? Add more items to the list below.

Get tattoo of important cultural symbols (e.g., an angel)
Dye hair a different color (e.g., pink)

_____

_____

_____

- Which of the things above have you done? Which would you consider doing? Why or why not?

LIVEWORKSHEETS

VOCABULARY PRACTICE

COMPLETION **A.** Complete the information using the words in the box. Three words are extra.



A tattooed member of the Iban tribe

criminal	**crucial**	**external**	**fade**
mature	**permanent**	**protective**	**sector**

Tattooing was traditionally a(n) [1]_____ part of life for members of the Iban tribe of Sarawak, Malaysia. Iban tattooing was a spiritual art form. It was believed to have [2]_____ powers—defending the Iban people from harm and disease. Originally, the tattooing was done using ancient recipes involving natural dyes from plants, and traditional wooden tools. The dyes were [3]_____ and could not be removed. Newly done Iban tattoos look dark, but they gradually [4]_____ somewhat from sunlight, or as the dye is absorbed into the skin. Today, for a growing [5]_____ of Iban society, Western tattoos are more popular than traditional designs. Modern chemical dyes have mainly replaced the plant-based ones.

DEFINITIONS **B.** Complete the sentences. Choose the correct words.

1. A **criminal** is a person who _____ the law.
   a. follows b. breaks
2. A **leisure** activity is one you enjoy doing when you _____ working.
   a. are b. are not
3. Something **external** is on the _____.
   a. inside, not the outside b. outside, not the inside
4. You are more likely to describe a _____ as **mature**.
   a. two-year-old b. 30-year-old
5. A person's **status** relates to their _____ in society.
   a. rank or position b. health and diet

COLLOCATIONS **C.** The nouns in the box are frequently used with the adjective **permanent**. Complete the sentences with the correct words. One word is extra.

address	**basis**	**damage**	**housing**	**resident**

1. Excessive sunburn can cause permanent _____ to your skin.
2. It's helpful to have a permanent _____ to receive your mail.
3. For foreign-born nationals, it can take many years to become a permanent _____ of Australia.
4. Many part-time workers hope to get hired on a permanent _____.

LIVEWORKSHEETS



VIDEO

THE BEAUTY OF UGLY FOOD

BEFORE YOU WATCH

DEFINITIONS

A. The words and phrases in **bold** appear in the video. Circle the best word or phrase to complete each definition.

Do you ever buy food based on how it looks? Many kinds of **produce** are judged on unrealistic standards of beauty. In fact, experts estimate that about a third of the planet's fruits and vegetables goes to waste due to strict **cosmetic** standards. Supermarkets and other **retailers** often sell only produce that meets certain size, shape, and color **specifications**. Items that are seen as **below grade**—including ones that are slightly damaged or **bruised**—are **rejected** and do not make it onto the shelves.

1. If you describe something as **cosmetic**, you are describing its *appearance / meaning*.
2. The **produce** section of a supermarket sells *fruit and vegetables / meat and fish*.
3. A food **retailer** is a company that sells food to *customers / other businesses*.
4. If someone **rejects** something, they *demand / refuse* to have it.
5. If a fruit is **bruised**, it has a *mark on it / strange shape*.

PREVIEWING

B. Are there particular fruits or vegetables that you won't buy if the size, shape, or color looks wrong? Discuss with a partner.

LIVEWORKSHEETS