ALL YOU NEED TO KNOW ABOUT...
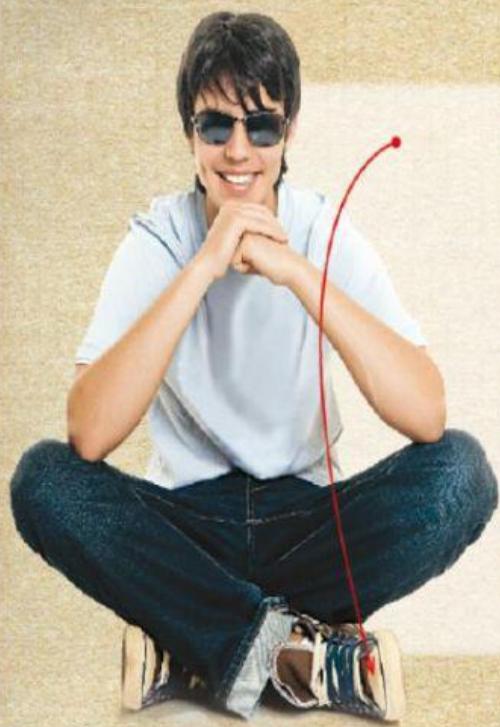
SUNGLASSES

Shades, dark glasses or even sunnies. Whatever you call them, when the sun comes out, they do too. But who were the first people to wear them? Well, in snowy places, the sun can be very bright, and from prehistoric times, ancient Inuit of the Arctic regions wore glasses made of bone with thin holes (slits) in them. These didn't let a lot of light in and protected their eyes. Today, sunglasses are usually plastic and come in all shapes and sizes. People wear them to protect their eyes from the sun's harmful rays while doing outdoor activities or sports, or just because they're in fashion. But many celebrities wear them indoors too, because they want to hide their identity.

Inuit sunglasses

TRAINERS

In 1830, the Liverpool Rubber Company developed the first athletic shoes with rubber soles. They called them "plimsolls" and people used to buy them for a variety of activities. In the early 20th century, shoemakers started designing trainers, like the Converse All Stars, for specific sports. Basketball players used to wear these trainers back then. In the 1950s, trainers became a fashion statement and more and more young people wore them. During the 80s and 90s it was common for sports stars to have their own brand of trainers, like Nike's Air Jordans. Today, there is a massive market for trainers, with new designs coming out all the time, and prices reaching £200 or more.

Read again and answer the questions.

1. Who wore the first sunglasses?

_____

2. How did these sunglasses work?

_____

3. Why do some people wear sunglasses indoors?

_____

4. What was different about the first trainers compared to older shoes?

_____

5. What activity were Converse All Stars designed for?

_____

6. When did people start wearing trainers to be in fashion?

_____

Look at the highlighted words in the text and match them with their meanings.

1. bright ☐   **a.** keep something secret

2. region ☐   **b.** very large

3. ray ☐   **c.** a thin line of light from the sun

4. hide ☐   **d.** a number of different kinds of things

5. sole ☐   **e.** part of the world / a country

6. variety ☐   **f.** the bottom part of a shoe

7. massive ☐   **g.** giving a strong light, shining