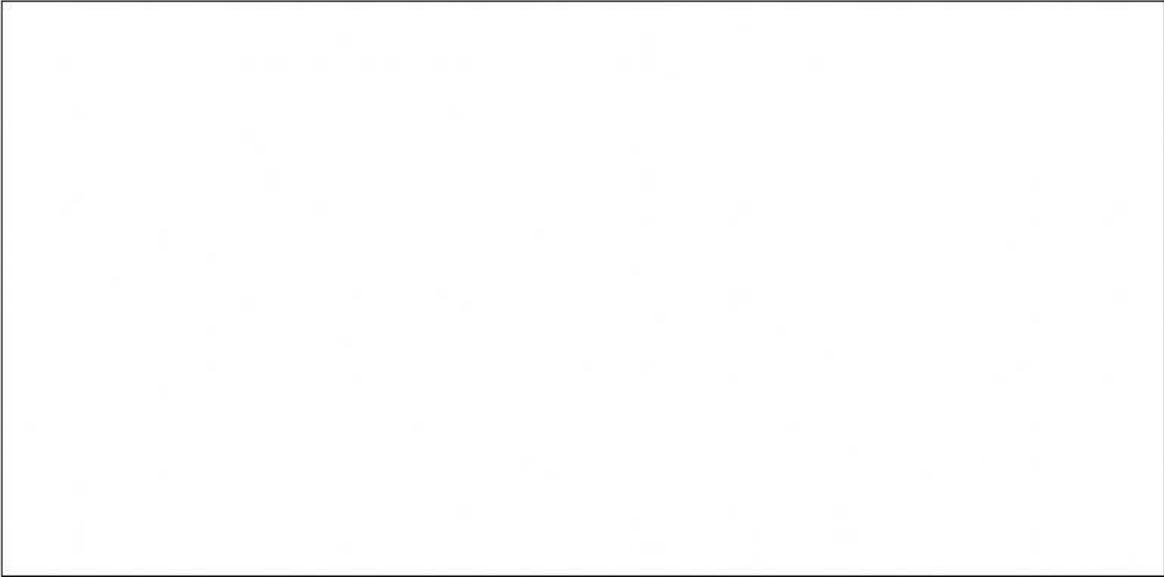
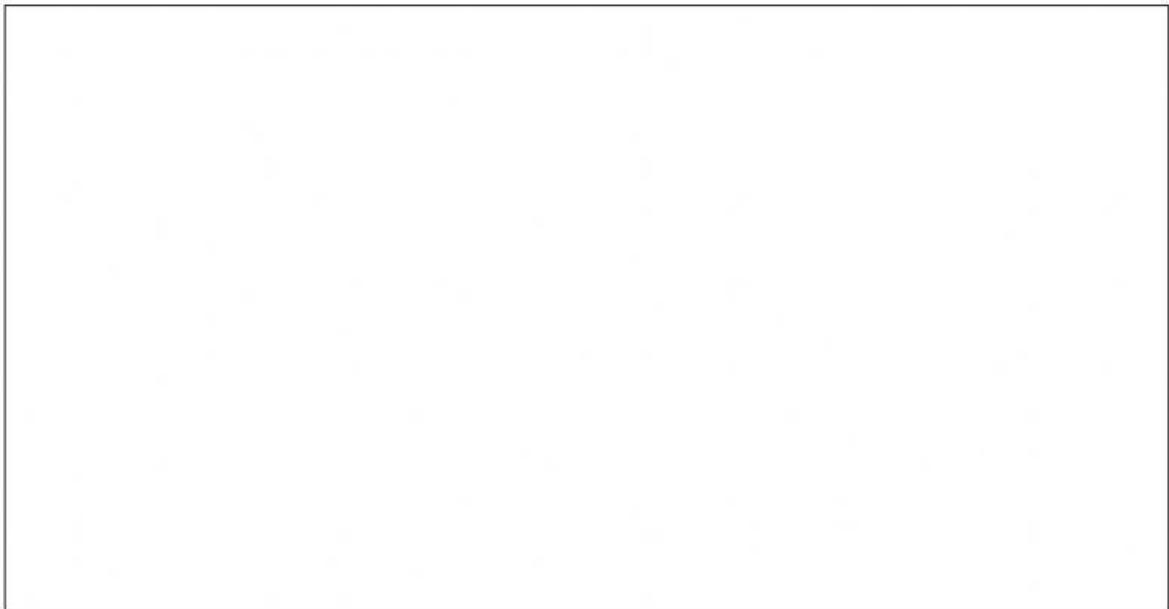


## **S31-1 listening**



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 31-2



handful	deflected	rock bottom	one	obsessed
first	fix	single	to	out on

1. After you've hit the \_\_\_\_\_ there's only one way up.
2. Only a \_\_\_\_\_ of people I'd invited came to my party.
3. You don't need to go \_\_\_\_\_ extremes to prove that you are right.
4. Thanks, I'll pass on the bear today. I had \_\_\_\_\_ too many last night.
5. Give me a couple of minutes while I \_\_\_\_\_ my hair.
6. Don't miss \_\_\_\_\_ the opportunity to buy housing at a great price.
7. She lost every \_\_\_\_\_ thing when her house burned down.
8. She listens to him, but doesn't allow herself to be \_\_\_\_\_  
**from** her purpose.
9. Thankfully, he wasn't hurt, but he never should have been there in the  
\_\_\_\_\_ place.
10. She is utterly \_\_\_\_\_ with counting calories.

## Grammar

Translate into English

1. Фаст-фуд рестораны - это большая проблема.

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2. Что меня раздражает - так это люди, которые говорят мне что мне делать.

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3. Моя самая большая мечта - это горы.

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4. То, что я хотела сказать тебе в первую очередь, до того как ты начал задавать вопросы - это то, что я не нуждаюсь в твоей помощи.

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5. Мой подарок тебе -цветы.

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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'?

