8 **Read the article *Cosmetic surgery—for everyone?* on page 56 of the Student's Book again. Then match the terms with their definitions.**

EXTRA READING COMPREHENSION

1. ____ chocoholic	a. surgery to correct baldness
2. ____ liposuction	b. someone who likes chocolate very much and eats it all the time
3. ____ hair restoration	c. surgery to remove wrinkles and other signs of aging from the face
4. ____ face-lift	d. treatment for wrinkles that removes the top layer of skin on the fa
5. ____ chemical peel	e. surgery to remove fat from the body

9 **Read the article about ways to improve personal appearance.**

Look Great – Without Cosmetic Surgery



Want to lose weight? Look younger? More and more people are turning to cosmetic surgery. While liposuction or a face-lift might sound like an easy way to get the results you want, it's important to remember that cosmetic surgery is, in fact, surgery. And surgery is not easy. It's expensive, painful, and potentially dangerous. So, before you go under the knife, give these safe, low-cost ways to improve your appearance a try.

1. Get enough sleep. It's called "beauty sleep" for a reason. Nighttime is when your skin and hair cells renew and repair themselves. Also, more blood flows to your skin when you're sleeping, making it brighter. Most people know that lack of sleep can cause dark circles under your eyes. But many don't realize that not getting eight hours of sleep a night can also lead to wrinkles and weight gain.

2. Drink a lot of water. Get into the habit of drinking more water. Well-hydrated skin is less likely to develop blemishes or wrinkles. For clearer, smoother skin, try to drink at least eight glasses of water a day. The more water you drink, the better your skin will look. Also, drinking water throughout the day will curb your appetite—making it easier to eat less and lose weight.

3. Exercise regularly. The physical benefits of exercise include reduced body fat and more toned muscles. While 60 minutes of daily vigorous exercise is ideal, begin with a reasonable goal—maybe 30 minutes three times a week. Choose something you enjoy, and enroll in a class, join a team, or make plans to work out regularly with a group of friends.

4. Eat a healthy diet. To lose weight, you need to change your eating habits. You should choose foods that are low in fat and low in calories. You probably knew that already, but did you know that some foods can also improve the appearance of your skin and hair? For beautiful skin, eat foods rich in antioxidants. Dark-colored fruits and vegetables contain antioxidants, which help repair sun damage and prevent wrinkles. Blueberries, spinach, and carrots have a lot of antioxidants. For shiny, healthy hair, eat foods high in lean protein like fish, beans, and nuts. These foods may also help prevent hair loss.

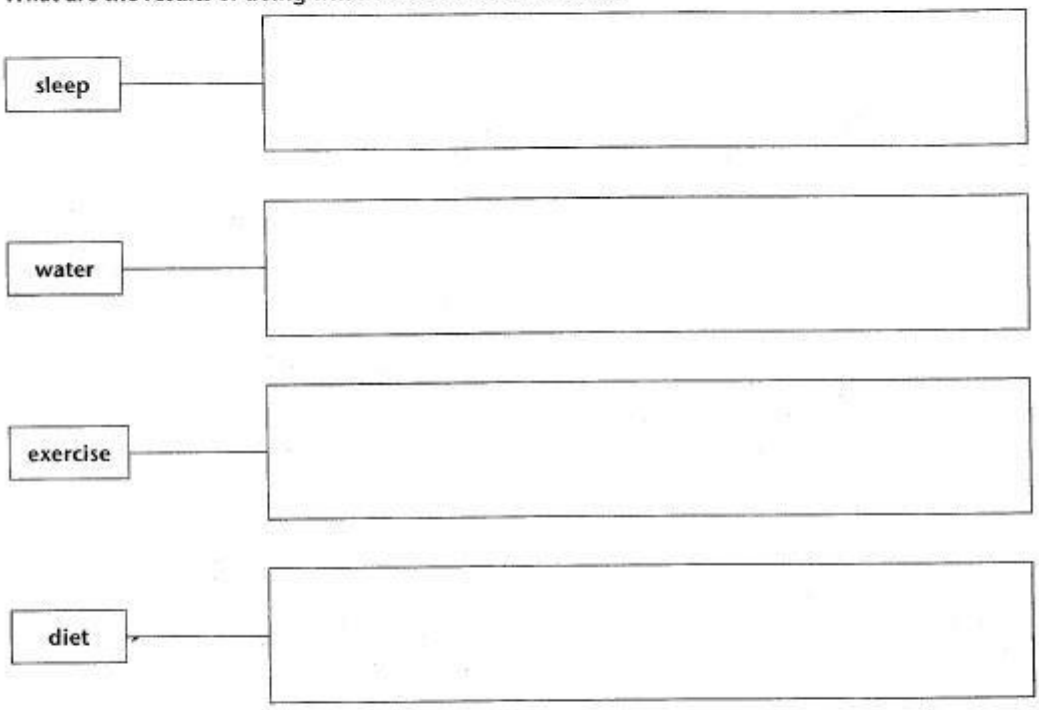
What's good for your health is also good for your looks. So, get a good night's sleep and some exercise. Drink lots of water and eat fresh, natural foods—mostly fruits and veggies. It costs almost nothing, and there's [illegible] have you got to lose? Except maybe a few kilos!

LIVEWORKSHEETS

10 Complete the chart. Use information from the article. How much sleep, water, and exercise does the article recommend? What types of foods does it suggest?

	What the article recommends
sleep	
water	
exercise	
diet	

11 What are the results of doing what the article recommends?



12 CHALLENGE. How much sleep and exercise do you get? How much water do you drink? What types of foods do you eat? After reading the article, what would you like to do differently? Why?

LIVEWORKSHEETS