1 What can you remember about the text in the Student's Book? Choose the correct alternative.

The text is about [1]**selfies** / **celebrities** – photos of [2]**friends** / **yourself** that you post on social media. It explains why celebrities' [3]**clothes** / **faces** always look amazing on social media. They use special apps to make them look [4]**perfect** / **serious**. Fashion photographer Rankin says photos like these make teenagers feel [5]**unhappy** / **happy**. He wants teenagers to understand that they aren't [6]**colourful** / **real** photos.

2 Before you read the blog post, think about the questions.

1 What do people usually wear when they do exercise?
2 Do people wear this type of clothes at other times? Why? / Why not?

3 3.04 Read the blog post. Does it mention any of your ideas in Ex 2?

STRATEGY Dealing with unknown words

You don't need to know every word to understand a text. When you find an unknown word, decide if it is necessary for general understanding. If it is, keep reading and try to guess the meaning by looking at the context.

HOME ABOUT POSTS CONTACT

My fashion blog

by Cara

What's [1]in fashion this season? Are people wearing big shirts or long skirts? Or are pale colours popular right now? Some clothes, like jeans, never go out of fashion. People wear them all the time. These days, you see lots of people in athleisure too. Made from two words, *athletics* + [2]leisure, it describes sports clothes that you can wear every day, not just when you're going to the gym.



Athleisure is very easy to wear. It doesn't take long to decide what to put on in the morning. Typical clothes are a pair of [3]joggers with a T-shirt or [4]sweatshirt and some cool [5]trainers on your feet. Athleisure is especially popular with young people. When they see celebrities wearing athleisure in social media posts, they just want to follow their style!

So, we know that many people prefer athleisure to jeans, for example, when they're relaxing in their free time. And, these days, it's pretty common for people to wear it at work or at school too. Some even wear athleisure when they go to parties. But what about at something traditional, like a wedding? Can you imagine a couple wearing cream or white joggers and a sweatshirt at their wedding? I definitely can't!

4 Read the strategy. Then look at the underlined words in the blog post. Can you guess their meaning by looking at the context? Complete the definitions.

1 in fashion: when a style of clothes, hair, etc. is _____ at a particular time
2 leisure: your _____ time
3 joggers: a pair of _____ you wear for doing exercise
4 sweatshirt: a warm _____ you wear for doing exercise
5 trainers: special _____ you wear for doing sport

5 Read the blog post again. Choose the correct answer: A, B, C or D.

1 According to Cara, ____ are always popular.
A long skirts
B jeans
C big shirts
D pale colours
2 Athleisure is a ____.
A gym
B sports shop
C style of clothing
D hobby
3 ____ are a good example of the tops people wear.
A T-shirts and sweatshirts
B Joggers
C Trainers
D Trousers
4 Young people really like athleisure because ____ wear it.
A not many people
B sports stars
C athletes
D social media stars
5 Now, people ____ wear athleisure when they go to work or school.
A don't
B never
C hardly ever
D often
6 Today, ____ to a party in athleisure.
A some people go
B everyone goes
C nobody goes
D celebrities go

6 Read the blog again. Are the sentences true (*T*) or false (*F*)?

1 The *ath* in *athleisure* is from *athlete*. ____
2 Athleisure is just for sportspeople. ____
3 Athleisure helps you to get dressed fast. ____
4 Trainers are the type of shoes to wear with athleisure. ____
5 Lots of people like relaxing in athleisure. ____
6 According to Cara, athleisure is perfect for a wedding. ____

7 Think about the questions.

1 How popular is athleisure in your country?
2 Which clothes are good examples of athleisure in your country?
3 What's your opinion of people wearing athleisure at work or school? Why?

LIVEWORKSHEETS