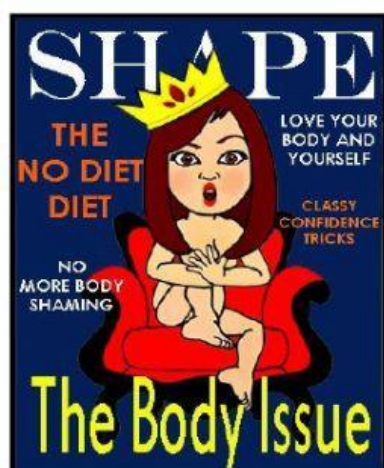


Beauty and body image



Women – and their body parts – sell everything from food to cars. Popular film and television actresses are becoming younger, taller and thinner. Magazines are full of articles urging women to lose those last ten kilos and find true happiness.

However, research indicates that exposure to images of thin young, hair- brushed female bodies is linked to depression, loss of self-esteem and the development of unhealthy eating habits.

Some people think they need to change how they look or act to feel good about themselves. But actually, all you need to do is to change the way you see your body and how you think about yourself.

Knowing what makes you happy and how to meet your goals can help you feel capable, strong, and in control of your life. A positive attitude and a healthy lifestyle (such as exercising and eating right) are a great combination for building a good self-esteem. If you feel better about who you are, you are more likely to find friendship and happiness.

It's true that the media is a great responsible for transmitting the concept of a certain beauty pattern and of a certain body image. However, there are some exceptions. Dove sells soap, hair and beauty products. In their advertising campaign called *Campaign for Real Beauty*, Dove used real women and not perfect pictures of models. There are women of different shapes, sizes and ages. Dove tries to show that real people are beautiful.

Answer these questions about the text.

1. Where can you find images and articles which make women feel inadequate?
2. What causes bad self-image and low self-esteem?
3. What does Dove use in its advertising campaigns, real women or perfect pictures of models?
4. When is it possible to find friendship and happiness, when you are happy with yourself or when you don't like your body image?

A – Name the verb tense identified in each sentence.

1. Students **are doing** a research work on bulimia. _____
2. Last night I **saw** a documentary about anorexia. _____
3. Many teens **worry** too much about the way they look. _____
4. My sister **hasn't been** satisfied with her image since she was 5. _____
5. He **will become** seriously ill due to that crazy diet. _____
6. They **were reading** an interesting article about eating disorders. _____

B – Put in the correct relative pronoun or adverb: *whose, when, where, who, which, that*.

1. Teens _____ school life is very difficult may suffer from eating disorders.
2. Young people _____ compare themselves to famous models often feel frustrated.
3. Low self-esteem, _____ is the cause of many teens' problems, is the topic of a project at school.
4. The gym _____ I do gymnastics is offering special discounts to teenagers.
5. A dietitian is someone _____ can teach you how to eat properly.
6. This is the doctor _____ hands did magic to my nose.

C – Complete the sentences with reflexive pronouns (*myself, yourself, himself, itself, herself, yourselves, ourselves and themselves*). (6x2=12)

1. Narcissistic people love to see _____ in the mirror.
2. He cut _____ when he was shaving.
3. They will harm _____ severely if they don't stop that crazy diet.
4. I hope my girlfriend enjoys _____ at the fashion show.
5. John and I amused _____ a lot during the workout session.
6. I hurt _____ when I was combing the hair.

D – Complete the table with the past simple and past participle of the following verbs.

Infinitive	Past Simple	Past Participle
Break		
Cost		
Do		
Dream		
Fight		
Go		
Have		
Know		
Learn		
Lend		