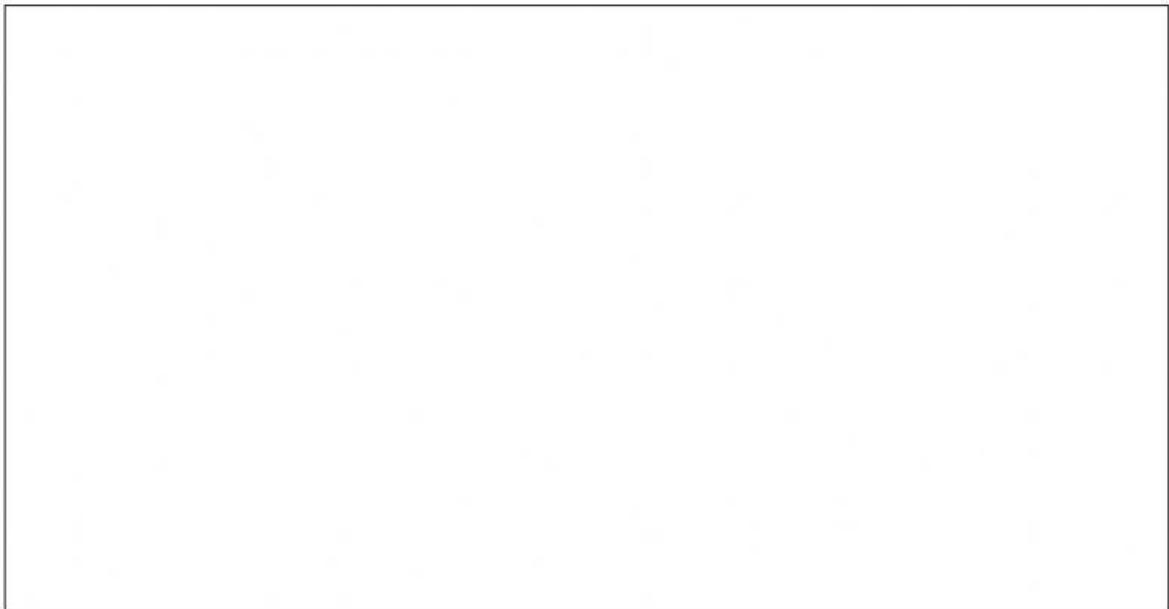


S31-1 listening

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



| | | | | |
|----------|--------|--------------|-----|------------|
| work | out on | insecurities | fix | appreciate |
| obsessed | heal | apart | fit | lack |

1. My life is falling _____. I don't know what to do.
2. I missed _____ on so many things in my life.
3. Going on a diet will not _____ your body insecurities.
4. You are going to exhaust your body if you _____ out every day.
5. Too many young girls are _____ with how they look.
6. If you want to be _____ and healthy you should choose good food and exercise moderately.
7. They say time will _____, but it will not happen if you don't treat your wounds properly.
8. You should _____ your body and stop trying to fix it.
9. Modern mass media images cause a lot of body image _____
10. _____ of necessary vitamins and minerals can cause health problems.

Grammar

Translate into English

1. Я никогда не сидела на диете.

2. Ты когда нибудь упускала что-то важное?

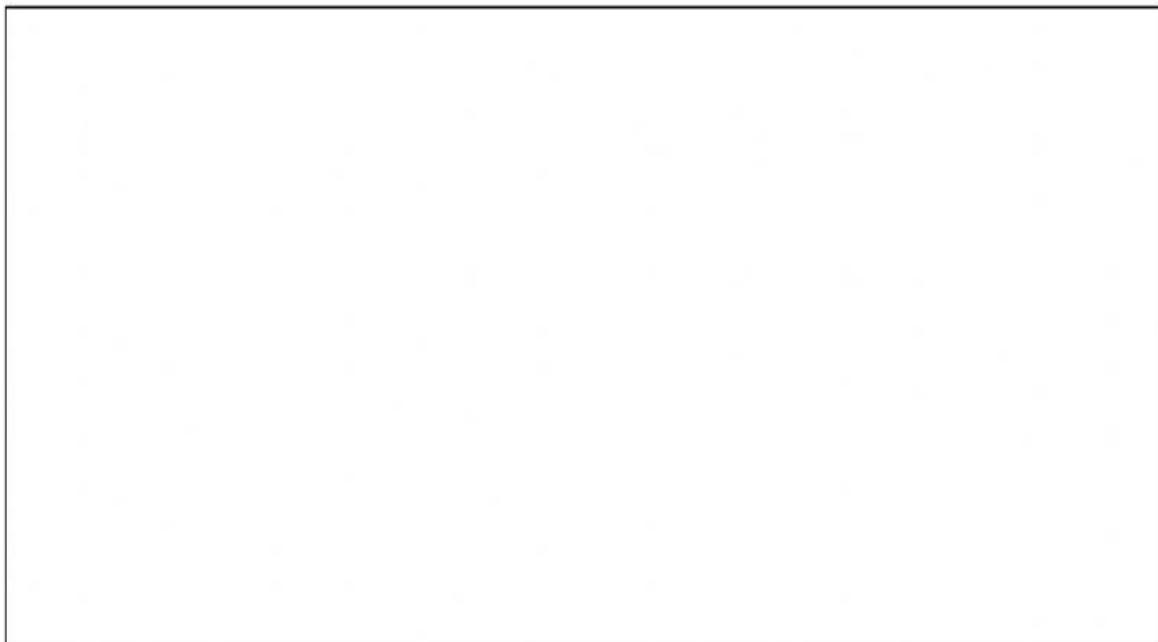
3. Я никогда не была одержима своим весом.

4. Ты когда-нибудь был расстроен из-за того, как ты выглядишь?

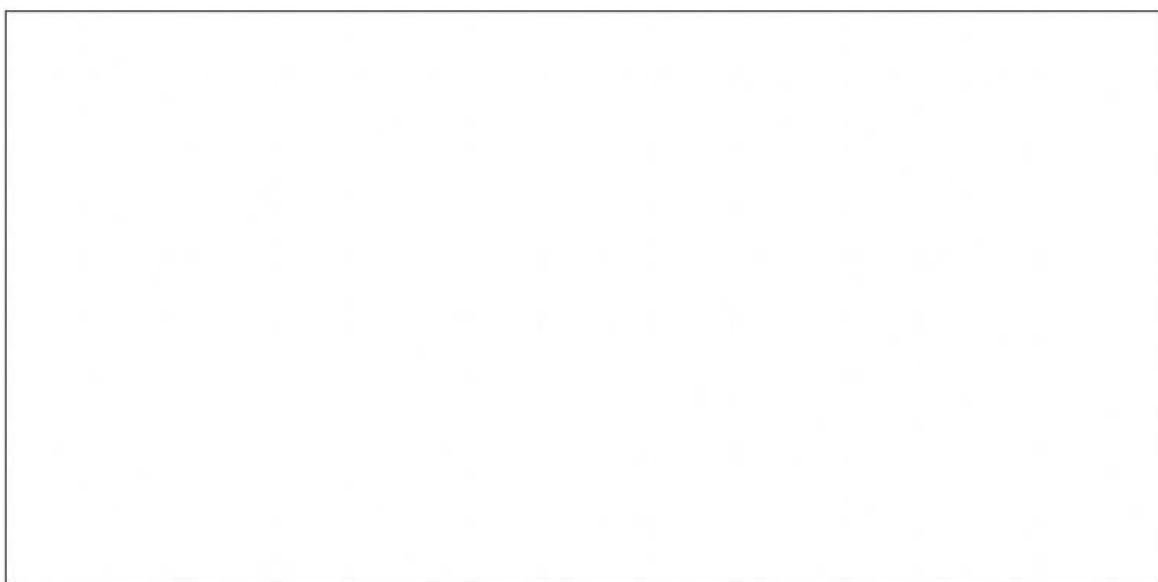
5. Я никогда в моей жизни не была в такой хорошей физической форме.

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'?



S29- listening 2



1. You will not believe what just happened