

Reading Task 1

Read the texts below. Match choices A-H to texts. There are three choices you do not need to use.

Simple ways to improve your appearance

1

Dehydration is one of the biggest reasons why people look and feel worn out. Continuous loss of water over the day not only saps your energy but also gives you an exhausted appearance, which is hardly attractive. So make it a habit to consume more water than you normally do. However you need not stick to the “eight glasses a day rule” since you can expect to get around four to five glasses of water in your system from your meals. Being well-hydrated will help you to have a clearer skin and healthier hair besides making you feel more energetic.

2

Every often improving appearances is not about giving in to expensive cosmetic procedures but following some basic rules like brushing and flossing your teeth as recommended by your dentist. This is not only crucial for good dental health but is a must if you want to have a pretty smile. Other basic habits like taking a shower and changing clothes at least once a day, cleaning ears, scrubbing feet and filing nails go much beyond keeping you healthy and are actually essential to a fresh and attractive appearance.

3

There is no substitute for eating healthy if you want to look your best in the long run. More and more nutritionists these days emphasize the importance of including fresh fruits, vegetables, nuts and the whole grains in your normal diet. At the same time, take as little as you can of refined, processed and artificial sugars and foods. This is not to say that you have to be on a strict diet all the time and completely let go of your favourite snacks or desserts.

4

The average-looking person is born with fewer physical pluses than minuses. The main thing thus is to emphasize any trait, which you think is a plus in a way that draws attention to that aspect and away from the less flattering ones. For instance, go for a cut, which will suit the shape of your face and style it so that it hides perhaps misshaped ears or a scar on the neck.

5

How you look depends a lot on how you are holding yourself. So whether you are standing or sitting, keep from slouching or leaning onto one side. When you keep your back straight, it gives you a look of confidence and self-assurance, which is always attractive. This is not to say you need to be “on attention” even on social occasions but learning to keep your back straight even while sitting works wonders for your appearance.

- A** Make sure you stay calm
- B** Check your current health
- C** Control your body position
- D** Regulate your beverages
- E** Consult your dentist
- F** Smile your weaknesses away
- G** Balance your eating habits
- H** Underline your best features