Body Beautiful

EAE Learning objectives for this lesson

Describe Body Shapes and Styles and Revise Body Parts.



Activity 1 – **Ask and answer** with your partner.

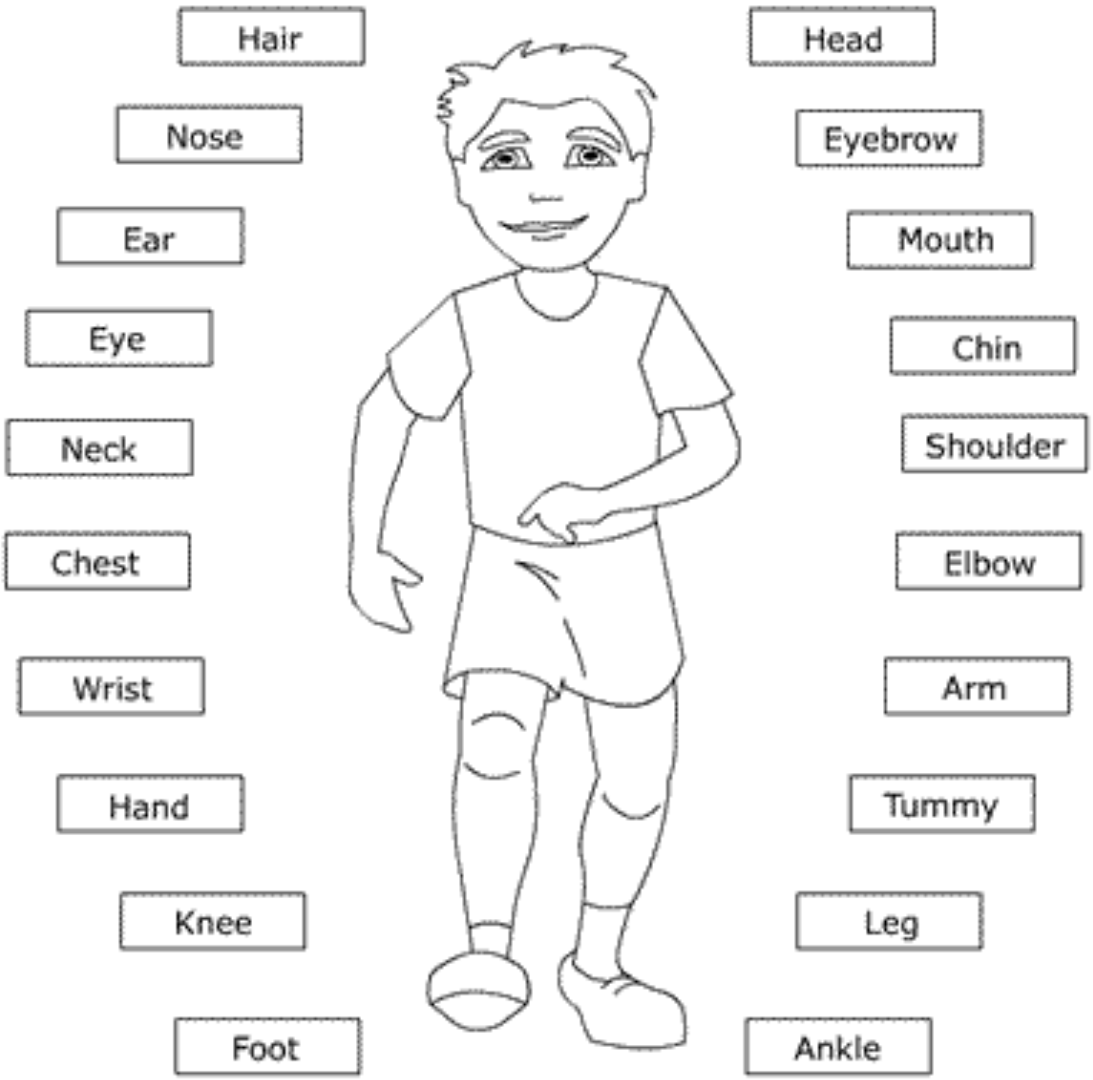
1. Do you like looking in the mirror? YES/NO
2. Do you like choosing clothes? YES/NO
3. Do you have an ideal body image? YES/NO
4. Is body shape important YES/NO
5. Is it good that we see a lot of images about body shapes in the media? YES/NO

Activity 2 – Let's **revise** the **body parts** and face

Let's play SIMON SAYS - simon says touch your…..

Elbow	Eyebrow	Toenails	Toes
Chin	Shin	Eyelashes	Wrist

RACE - Connect the words to the correct part of the body - see who finishes first (do **not** prepare at home please).



Activity 3 - **Body shapes**. In the written press, on the internet and on the television people talk a lot about BODY SHAPES. Here is an example. The photo on the right is an advertisement which suggests that there is a specific body shape which is good for the beach. On the left is an advert which says that all body shapes are OK for the beach. What do you think? Choose your answer from the list below and tell the class.





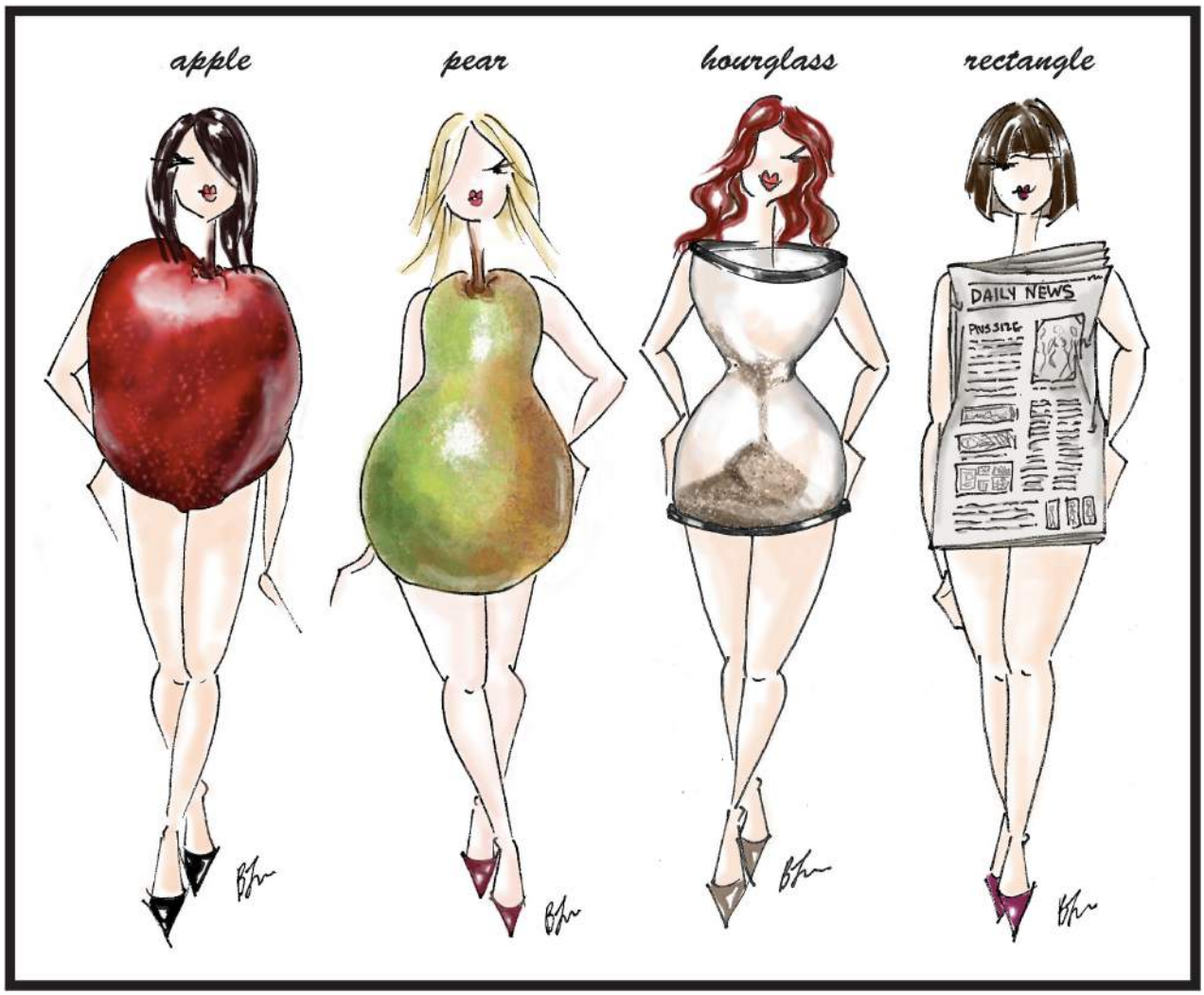
Which answer represents your OPINION? (Please prepare at home).

A. I believe that advertising should not promote the perfect body shape as this is bad for women's self esteem.
B. I believe that advertisers use photoshop too much and this gives people a false idea about body shapes.
C. I think that people should try to be as slim as possible and to look like a model if they can.
D. I think that there is too much emphasis on body shape and it's more important to be healthy.
E. I think that all different shapes and sizes can be beautiful and it's really bad that advertising makes people think that they are not good enough.
F. I really don't think it's good to look like the lady on the left.
G. I think that it's very bad to show photos of women wearing swimwear.

Activity 4 - This picture shows that there are a lot of different body shapes possible. They are all good! Can you describe them?



Activity 5 - With a partner. Look at the pictures below and explain with full sentences. WHY the body SHAPES have those particular names. (Example - the cucumber shaped body is straight and tall but also wide.) You can use the dictionary, find your own descriptions.





Activity 6 – Match the description with the word (there can be more than one word per description)

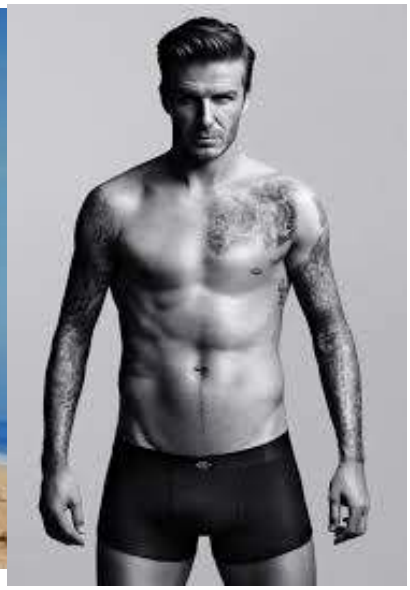
a. Lanky / Stocky / Skinny / Petite / Curvy / Wiry / Chubby / Shapely / Overweight / Slender / Voluptuous

b. A strong thin man / A small thin woman / A tall, thin man / A small, fat, strong man / An attractive woman with broad hips and big chest / A tall thin woman / A long legged man / A big person

Activity 6 – Guess who

In teams. One team describes a person in this picture and the other team has to guess who it is.






Activity 7 – Complete the paragraphs with your partner.

I saw my sister when she was only 17 years old. She was chubby, short, with long curly hair. Now she has come back from University after three years and she is _____

_____

My friend Tony was always a bit overweight and never had any confidence with the ladies. He decided to go on a diet and started going to the gym. After one year, he is now _____

_____

When she was young my mother was very slim, has short curly hair and her body shape was like an hourglass. After having two children she is _____

_____

Activity 8 – Describe yourself using the new vocabulary. What did you look like when you were young and what do you look like now?

