

Exercise 1

Read the text and answer the questions afterwards

Differences between People

Family traits and characteristics are noted by adoring parents who think the baby looks like another family member or definitely takes after the mother's side or, without a doubt, has his father's nose.

Eye color, skin color and the texture of our hair are all different and depend on our inherited genes. A baby born with ginger hair may in a few months' time have fair hair as the birth hair falls out and is replaced. Hair can be fine, thick, straight or curly, and as we grow older it gets thinner. Some hair loss is experienced at quite an early age whilst others have a full head of hair throughout their lives. People with dark hair may find that it turns to grey or white even before they reach their 40's.

European people in general have paler skin than if your ancestors come from Africa or Asia. Skin can change color if exposed to sunlight, but the tan does not last unless it is regularly topped up.

1) What changes take place a few weeks after birth?

- A) The noise the baby makes.
- B) The skin color.
- C) **The baby's hair.**
- D) The shape of the nose.

2) What causes pale skin to become brown or tanned?

- A) **Exposure to the sun.**
- B) Staying indoors.
- C) Covering the body with sun cream lotion.

Exercise 2

Read the text and answer the questions

The rate at which we develop and grow is variable. Boys and girls of the same age show big differences in growth spurts especially when puberty is reached. At the age of 12, girls are much taller than boys of the same age, but at 16 years of age, boys shoot up and overtake the girls in height and body strength.

The way the body develops is not just a result of physical changes, as our mental processes have a large part to play in what we want to achieve. A desire to become a skilful footballer, a long distance runner or a strong swimmer require stamina and years of practise to try and attain the top level.

The food we eat will, to a certain extent, determine how we grow and gives us strong bones. A lack of activity and eating too much sweet sugary food can result in people gaining excessive amounts of weight. It seems unfair that one person can eat all sorts of fattening food and not put on weight whilst others just 'looking at a cream cake' can put on pounds or kilos.

1) Roughly, at what stage in their development do girls start to grow in height?

- A) When they start learning to swim.
- B) When they start primary school.
- C) When they eat raw vegetables.
- D) **When they reach puberty at the age of 12 or 13.**

2) What do we need to succeed in sport at the top level?

- A) **A strong body and a determination to keep persisting.**
- B) Extra tuition.
- C) Lots of work in the gym.
- D) Good food.

3) What happens to our bodies if we eat too much and do not take enough exercise?

- A) We feel happy.
- B) **We get fat and overweight.**
- C) Our muscles get flabby.
- D) We do not have any energy.

Exercise 3

Choose the correct word for each sentences

- 1) Her hair`s not **fair**, it`s quite **dark**, in fact it`s almost black.
- 2) She has an **upturned** nose but her brother has a **straight** nose.
- 3) Her mother has a **round** face but her father has a **pointed** face.
- 4) My hair is so **coarse** and ugly; Sally`s is so **sleek** and lovely.

Exercise 4

Read the text and answer the questions

Part 1

Everybody has looked in the mirror at some point in their lives and thought they could do with a smaller nose or fewer wrinkles. Plastic surgery has changed the lives of many people –

not only of those who wanted to look more beautiful and younger, but also of people who needed almost a new face after terrible injuries.

We hear a lot about cosmetic surgery these days. But what many people may not realise is that reconstructing someone's face has an ancient past. There are reports of treatments to restore a broken nose in ancient Egyptian documents. And the Romans could perform simple ear-repairing techniques.

Questions:

- 1) What is the synonym for the phrase **can do with**?
 - 1) can't stand
 - 2) can't help
 - 3) **tolerate**
- 2) Where are wrinkles often seen?
 - a) **On the face**
 - b) On the knee
 - c) On thee heel
- 3) The Egyptians were known to completely change their appearance by plastic surgery,
 - a) True
 - b) **False**

Part 2

Considering that safe anaesthetics and antibiotics were only discovered in the 19th and 20th centuries, it was a truly painful and risky business to go under the knife in the past. But as far back as the mid-15th century nose jobs were carried out using skin taken from the upper arm. More sophisticated skin graft techniques were later brought to the West from India.

Plastic surgery has come a long way since then. It reconstructs what does need reconstructing and improves what needs improving, but it also makes people with no particular problems feel more confident. Bigger breasts? Straight nose? Facelift? You name it and competent surgeons can do it.

Questions:

- 1) In the 15th century plastic surgery was carried out with the use of pain-killing drugs.
 - a) True
 - b) **False**
- 2) A procedure to repair the bones in a broken leg is an example of cosmetic surgery.

- a) True
 - b) False**
- 3) What is the opposite for the word **sophisticated**?
- a) tough
 - b) exquisite
 - c) plain**