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## Level 6

### High heels cause arthritis and damaged knees

16th April, 2015

<http://www.breakingnewsenglish.com/1504/150416-high-heels.html>

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**Please try Levels 4 and 5 (they are easier).**

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# THE ARTICLE

From <http://www.BreakingNewsEnglish.com/1504/150416-high-heels.html>

Shoes with high heels are the fashion choice for many women around the world. However, a new study proves that wearing high heels over a long period of time can permanently injure the body. The study is from Stanford University in the USA. A team of biomotion researchers did tests on the knees of women when they walked in flat shoes, shoes with 3.8-cm heels and in shoes with 8.9-cm heels. The results send a warning to women who want to wear high heels that they risk permanent damage to their knees. They said high heels put knees in an awkward, bent position that makes them function like aged or damaged joints. This increases the risk of the condition osteoarthritis, which could require surgery.

Britain's Daily Express newspaper reports a recent survey of 1,200 women that shows how popular high heels are. It said 93 per cent of women say they felt sexier and more feminine when they wore heels, 88 per cent said they considered themselves more stylish and 77 per cent said their heels made them feel slimmer. Many women prefer to ignore health warnings, and even the pain and discomfort of wearing heels, to look and feel good. A British doctor, Tim Allardyce, said he regularly treats women with problems caused by wearing heels. He said: "The odd angle at which the feet are held in high-heeled shoes increases the downward pressure on the knees by 25 per cent, placing significant stress on the kneecaps."

Sources: <http://www.dailymail.co.uk/femail/article-3036076/More-women-left-crippled-killer-heels-New-research-proves-high-heels-lead-arthritis-worn-knees.html>  
<http://www.express.co.uk/life-style/health/570159/Shoe-lovers-health-warning-high-heels-crippling-women-arthritis>

# WARM-UPS

**1. HIGH HEELS:** Students walk around the class and talk to other students about high heels. Change partners often and share your findings.

**2. CHAT:** In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

*fashion / choice / permanently / injure / knees / awkward / function / surgery / newspaper / popular / feminine / stylish / health warnings / regularly / pressure*

Have a chat about the topics you liked. Change topics and partners frequently.

**3. FASHION CHOICES:** What do you think of these fashion choices? Complete this table with your partner(s). Change partners often and share what you wrote.

|                  | Good points | Bad points |
|------------------|-------------|------------|
| 10-cm high heels |             |            |
| Tattoos          |             |            |
| Nose piercing    |             |            |
| Leather trousers |             |            |
| Fur coats        |             |            |
| Baseball caps    |             |            |

**4. SAFETY WARNING:** Students A **strongly** believe all high-heeled shoes should have a safety warning stuck to them; Students B **strongly** believe that's silly. Change partners again and talk about your conversations.

**5. FASHION:** Rank these with your partner. Put the best at the top. Change partners often and share your rankings.

- sneakers
- T-shirts
- hats
- jeans
- ear-rings
- boots
- suits
- watches

**6. KNEES:** Spend one minute writing down all of the different words you associate with the word "knees". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

# BEFORE READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1504/150416-high-heels.html>

**1. TRUE / FALSE:** Read the headline. Guess if a-h below are true (T) or false (F).

- |  |       |
|--|-------|
| a. A study says high heels can permanently injure the body.            | T / F |
| b. Researchers did tests on women's knees.                             | T / F |
| c. Some of the tests involved heels that were 18.9 cm high.            | T / F |
| d. High heels could cause women to need surgery.                       | T / F |
| e. A survey of 1,200 women enquired into the popularity of high heels. | T / F |
| f. Just 9.3% of the women said heels made them feel more feminine.     | T / F |
| g. The article says most women heed health warnings about high heels.  | T / F |
| h. High heels double the pressure on the knees.                        | T / F |

**2. SYNONYM MATCH:** Match the following synonyms from the article.

- |              |                |
|--------------|----------------|
| 1. proves    | a. disregard   |
| 2. warning   | b. study       |
| 3. permanent | c. difficult   |
| 4. awkward   | d. frequently  |
| 5. require   | e. caution     |
| 6. survey    | f. verifies    |
| 7. stylish   | g. putting     |
| 8. ignore    | h. need        |
| 9. regularly | i. fashionable |
| 10. placing  | j. indefinite  |

**3. PHRASE MATCH:** (Sometimes more than one choice is possible.)

- |  |                       |
|--|-----------------------|
| 1. the fashion                         | a. of 1,200 women     |
| 2. permanently injure                  | b. bent position      |
| 3. A team of biomotion                 | c. osteoarthritis     |
| 4. in an awkward,                      | d. more feminine      |
| 5. increases the risk of the condition | e. health warnings    |
| 6. a recent survey                     | f. choice for many    |
| 7. they felt sexier and                | g. on the kneecaps    |
| 8. Many women prefer to ignore         | h. women with problem |
| 9. he regularly treats                 | i. the body           |
| 10. placing significant stress         | j. researchers        |

# GAP FILL

From <http://www.BreakingNewsEnglish.com/1504/150416-high-heels.html>

Shoes with high heels are the fashion (1) \_\_\_\_\_ for many women around the world. However, a new study (2) \_\_\_\_\_ that wearing high heels over a long period of time can (3) \_\_\_\_\_ injure the body. The study is from Stanford University in the USA. A team of biomotion researchers did tests on the knees of women when they walked in (4) \_\_\_\_\_ shoes, shoes with 3.8-cm heels and in shoes with 8.9-cm heels. The results send a (5) \_\_\_\_\_ to women who want to wear high heels that they risk permanent damage to their knees. They said high heels put knees in an (6) \_\_\_\_\_, bent position that makes them function like (7) \_\_\_\_\_ or damaged joints. This increases the risk of the condition osteoarthritis, which could (8) \_\_\_\_\_ surgery.

*permanently*  
*choice*  
*warning*  
*aged*  
*flat*  
*awkward*  
*require*  
*proves*

Britain's Daily Express newspaper reports a (9) \_\_\_\_\_ survey of 1,200 women that shows how (10) \_\_\_\_\_ high heels are. It said 93 per cent of women say they felt sexier and more (11) \_\_\_\_\_ when they wore heels, 88 per cent said they considered themselves more (12) \_\_\_\_\_ and 77 per cent said their heels made them feel slimmer. Many women prefer to (13) \_\_\_\_\_ health warnings, and even the pain and discomfort of wearing heels, to look and feel good. A British doctor, Tim Allardyce, said he (14) \_\_\_\_\_ treats women with problems caused by wearing heels. He said: "The (15) \_\_\_\_\_ angle at which the feet are held in high-heeled shoes increases the downward (16) \_\_\_\_\_ on the knees by 25 per cent, placing significant stress on the kneecaps."

*stylish*  
*popular*  
*odd*  
*feminine*  
*pressure*  
*recent*  
*regularly*  
*ignore*

# LISTENING – Guess the answers. Listen to check.

From <http://www.BreakingNewsEnglish.com/1504/150416-high-heels.html>

- 1) Shoes with high heels are the fashion choice for many women \_\_\_\_\_
  - a. a round a world
  - b. around the world
  - c. around this world
  - d. a round the world
- 2) wearing high heels over a long period of time can permanently \_\_\_\_\_
  - a. injury the body
  - b. injures the body
  - c. injured the body
  - d. injure the body
- 3) tests on the knees of women when they walked \_\_\_\_\_
  - a. in flats shoes
  - b. in flatter shoes
  - c. in flat shoes
  - d. in flatten shoes
- 4) an awkward, bent position that makes them function like aged \_\_\_\_\_
  - a. or damaged joint
  - b. or damaged joints
  - c. or damage joints
  - d. or damage joint
- 5) This increases the risk of the condition osteoarthritis, which \_\_\_\_\_
  - a. could requiring surgery
  - b. could required surgery
  - c. could requires surgery
  - d. could require surgery
- 6) recent survey of 1,200 women that shows how \_\_\_\_\_ are
  - a. popular height heels
  - b. popular heightens heels
  - c. popular high heels
  - d. popular higher heels
- 7) 93 per cent of women say they felt sexier and more feminine \_\_\_\_\_ heels
  - a. when they where
  - b. when they whoa
  - c. when they wore
  - d. when they wall
- 8) ignore health warnings, and even the pain and discomfort of wearing heels, \_\_\_\_\_ good
  - a. to look and feels
  - b. to look and heel
  - c. to look and feels
  - d. to look and feel
- 9) The odd angle at which the feet \_\_\_\_\_-heeled shoes
  - a. are held in high
  - b. are held on high
  - c. are held din high
  - d. are holding high
- 10) increases the downward pressure on the knees by 25%, placing significant \_\_\_\_\_
  - a. stresses on the kneecaps
  - b. stress on the kneecaps
  - c. stressed in the kneecaps
  - d. stress in the kneecaps

# LISTENING – Listen and fill in the gaps

From <http://www.BreakingNewsEnglish.com/1504/150416-high-heels.html>

Shoes with high heels are the fashion (1) \_\_\_\_\_ women around the world. However, a new study (2) \_\_\_\_\_ high heels over a long period of time can permanently insure the body.. The study is from Stanford University in the USA. A team of biomotion researchers did tests (3) \_\_\_\_\_ women when they walked in flat shoes, shoes with 3.8-cm heels and in shoes with 8.9-cm heels. The results send a warning to women (4) \_\_\_\_\_ high heels that they risk permanent damage to their knees. They said high heels put knees in an awkward, (5) \_\_\_\_\_ makes them function like aged or damaged joints. This (6) \_\_\_\_\_ the condition osteoarthritis, which could require surgery.

Britain's Daily Express newspaper reports (7) \_\_\_\_\_ of 1,200 women that shows how popular high heels are. It said 93 per cent of women say they felt sexier and (8) \_\_\_\_\_ they wore heels, 88 per cent said they considered themselves (9) \_\_\_\_\_ 77 per cent said their heels made them feel slimmer. Many women prefer to ignore health warnings, and (10) \_\_\_\_\_ and discomfort of wearing heels, to look and feel good. A British doctor, Tim Allardyce, said he regularly treats women with problems caused (11) \_\_\_\_\_. He said: "The odd angle at which the feet are held in high-heeled shoes increases the (12) \_\_\_\_\_ on the knees by 25 per cent, placing significant stress on the kneecaps."

# COMPREHENSION QUESTIONS

From <http://www.BreakingNewsEnglish.com/1504/150416-high-heels.html>

1. What kind of choice are high heels for many women?

---

2. What kind of researchers conducted the research?

---

3. What was the highest heel the researchers tested?

---

4. What kind of position do high heels put knees in?

---

5. What might you need if you have osteoarthritis?

---

6. How many women took part in the survey?

---

7. What percentage of the women felt more stylish in high heels?

---

8. What do many women ignore?

---

9. What increases downward pressure on the knees because of heels?

---

10. What is placed on the kneecaps?

---



# MULTIPLE CHOICE - QUIZ

From <http://www.BreakingNewsEnglish.com/1504/150416-high-heels.html>

1. What kind of choice are high heels for many women?
  - a) a natural one
  - b) a first choice
  - c) a difficult one
  - d) a fashion choice
2. What kind of researchers conducted the research?
  - a) bio-emotion researchers
  - b) biomotion researchers
  - c) bionic researchers
  - d) bionic motion researchers
3. What was the highest heel the researchers tested?
  - a) 9.9 cm
  - b) 9.8 cm
  - c) 8.8 cm
  - d) 8.9 cm
4. What kind of position do high heels put knees in?
  - a) an awe kid, vent position
  - b) an orchid, pent position
  - c) an awkward, bent one
  - d) an acrid, blended position
5. What might you need if you have osteoarthritis?
  - a) cream
  - b) higher heels
  - c) exercise
  - d) an operation
6. How many women took part in the survey?
  - a) 12,500
  - b) 1,250
  - c) 1,200
  - d) 12,000
7. What percentage of the women felt more stylish in high heels?
  - a) 88
  - b) 77
  - c) 93
  - d) 79
8. What do many women ignore?
  - a) the government
  - b) research
  - c) health warnings
  - d) their doctor
9. What increases downward pressure on the knees because of heels?
  - a) accessories
  - b) an odd angle
  - c) the woman's weight
  - d) the width of the heel
10. What is placed on the kneecaps?
  - a) stress
  - b) cream
  - c) pads
  - d) electrodes

# ROLE PLAY

From <http://www.BreakingNewsEnglish.com/1504/150416-high-heels.html>

## **Role A – Sneakers**

You think sneakers are the best clothes. Tell the others three reasons why. Tell them why their clothes aren't as good. Also, tell the others which is the least preferable of these (and why): T-shirts, suits or jeans.

## **Role B – T-shirts**

You think T-shirts are the best clothes. Tell the others three reasons why. Tell them why their clothes aren't as good. Also, tell the others which is the least preferable of these (and why): sneakers, suits or jeans.

## **Role C – Suits**

You think suits are the best clothes. Tell the others three reasons why. Tell them why their clothes aren't as good. Also, tell the others which is the least preferable of these (and why): T-shirts, sneakers or jeans.

## **Role D – Jeans**

You think jeans are the best clothes. Tell the others three reasons why. Tell them why their clothes aren't as good. Also, tell the others which is the least preferable of these (and why): T-shirts, suits or sneakers.

# AFTER READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1504/150416-high-heels.html>

**1. WORD SEARCH:** Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'high' and 'heel'.

|             |             |
|-------------|-------------|
| <b>high</b> | <b>heel</b> |
|-------------|-------------|

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

**2. ARTICLE QUESTIONS:** Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

**3. GAP FILL:** In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

**4. VOCABULARY:** Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

**5. TEST EACH OTHER:** Look at the words below. With your partner, try to recall how they were used in the text:

|   |   |
|---|---|
| <ul style="list-style-type: none"><li>• choice</li><li>• long</li><li>• flat</li><li>• send</li><li>• bent</li><li>• risk</li></ul> | <ul style="list-style-type: none"><li>• recent</li><li>• 93</li><li>• 88</li><li>• 77</li><li>• feel</li><li>• 25</li></ul> |
|---|---|

# HIGH HEELS SURVEY

From <http://www.BreakingNewsEnglish.com/1504/150416-high-heels.html>

Write five GOOD questions about high heels in the table. Do this in pairs. Each student must write the questions on his / her own paper. When you have finished, interview other students. Write down their answers.

|      | STUDENT 1<br>_____ | STUDENT 2<br>_____ | STUDENT 3<br>_____ |
|------|--------------------|--------------------|--------------------|
| Q.1. |                    |                    |                    |
| Q.2. |                    |                    |                    |
| Q.3. |                    |                    |                    |
| Q.4. |                    |                    |                    |
| Q.5. |                    |                    |                    |

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

# HIGH HEELS DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

- 1) What did you think when you read the headline?
- 2) What springs to mind when you hear the word 'heels'?
- 3) What do you think of high-heeled shoes?
- 4) Why do you think people first started wearing high heels?
- 5) How high is it when high heels become dangerous?
- 6) What hazards are there associated with high heels?
- 7) Should there be a health warning on high-heeled shoes?
- 8) Why do people put fashion before health?
- 9) Are there any advantages of wearing high heels?
- 10) What does a biomotion researcher do?

*High heels cause arthritis and damaged knees – 16th April, 2015*  
More free lessons at [www.BreakingNewsEnglish.com](http://www.BreakingNewsEnglish.com)

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# HIGH HEELS DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

- 11) Did you like reading this article? Why/not?
- 12) Why are high heels a fashion choice for women and not men?
- 13) Do high heels make women look sexier?
- 14) Are high heels more stylish than flat shoes?
- 15) Do women look slimmer in high heels? Why?
- 16) What other fashion choices negatively affect our health?
- 17) How can we better educate against the dangers of high heels?
- 18) What shoes do you like best?
- 19) Could women sue companies that make high heels if they need surgery?
- 20) What questions would you like to ask the researchers?

# DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

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# DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

# LANGUAGE - CLOZE

From <http://www.BreakingNewsEnglish.com/1504/150416-high-heels.html>

Shoes with high heels are the fashion (1) \_\_\_\_\_ for many women around the world. However, a new study (2) \_\_\_\_\_ that wearing high heels over a long period of time can permanently injure the body. The study is from Stanford University in the USA. A team of biomotion researchers did tests (3) \_\_\_\_\_ the knees of women when they walked in flat shoes, shoes with 3.8-cm heels and in shoes with 8.9-cm heels. The results send a (4) \_\_\_\_\_ to women who want to wear high heels that they risk permanent damage to their knees. They said high heels put knees in an awkward, bent position that makes them function like (5) \_\_\_\_\_ or damaged joints. This increases the risk of the condition osteoarthritis, which could (6) \_\_\_\_\_ surgery.

Britain's Daily Express newspaper reports a recent survey of 1,200 women that shows how popular high heels (7) \_\_\_\_\_. It said 93 per cent of women say they felt sexier and more feminine when they wore heels, 88 per cent said they considered (8) \_\_\_\_\_ more stylish and 77 per cent said their heels made them feel slimmer. Many women prefer (9) \_\_\_\_\_ ignore health warnings, and even the pain and discomfort of wearing heels, to look and (10) \_\_\_\_\_ good. A British doctor, Tim Allardyce, said he regularly treats women with problems caused (11) \_\_\_\_\_ wearing heels. He said: "The odd angle at which the feet are held in high-heeled shoes increases the downward pressure on the knees by 25 per cent, (12) \_\_\_\_\_ significant stress on the kneecaps."

## Put the correct words from the table below in the above article.

- |     |              |               |               |                |
|-----|--------------|---------------|---------------|----------------|
| 1.  | (a) chose    | (b) choose    | (c) choice    | (d) choosing   |
| 2.  | (a) proves   | (b) provides  | (c) providers | (d) proven     |
| 3.  | (a) on       | (b) in        | (c) by        | (d) at         |
| 4.  | (a) warning  | (b) waning    | (c) warring   | (d) waxing     |
| 5.  | (a) ages     | (b) aged      | (c) age       | (d) ageless    |
| 6.  | (a) compel   | (b) order     | (c) demand    | (d) require    |
| 7.  | (a) have     | (b) like      | (c) are       | (d) prefer     |
| 8.  | (a) all      | (b) they      | (c) them      | (d) themselves |
| 9.  | (a) to       | (b) as        | (c) for       | (d) in         |
| 10. | (a) feel     | (b) feeling   | (c) felt      | (d) feels      |
| 11. | (a) of       | (b) by        | (c) for       | (d) at         |
| 12. | (a) locating | (b) situating | (c) placing   | (d) siting     |

# SPELLING

From <http://www.BreakingNewsEnglish.com/1504/150416-high-heels.html>

## Paragraph 1

1. juenri the body
2. A team of biomotion cserrrseah
3. risk ratpnenem damage
4. in an aadwkrw, bent position
5. increases the risk of the odncnotii
6. could greiuer surgery

## Paragraph 2

7. they felt sexier and more efnneiim
8. they considered themselves more stslhyi
9. eingr health warnings
10. he rleguryal treats women
11. downward srueprse on the knees
12. igcaftsnini stress on the kneecaps



# PUT THE TEXT BACK TOGETHER

From <http://www.BreakingNewsEnglish.com/1504/150416-high-heels.html>

Number these lines in the correct order.

|              |  |
|--------------|--|
| ( <b>1</b> ) | Shoes with high heels are the fashion choice for many women around the world. However, a new study proves        |
| ( )          | want to wear high heels that they risk permanent damage to their knees. They said high heels put knees in        |
| ( )          | in flat shoes, shoes with 3.8-cm heels and in shoes with 8.9-cm heels. The results send a warning to women who   |
| ( )          | that wearing high heels over a long period of time can permanently injure the body. The study is from            |
| ( )          | wore heels, 88 per cent said they considered themselves more stylish and 77 per cent said their heels made       |
| ( )          | wearing heels, to look and feel good. A British doctor, Tim Allardyce, said he regularly treats women with       |
| ( )          | an awkward, bent position that makes them function like aged or damaged  |
| ( )          | problems caused by wearing heels. He said: "The odd angle at which the feet are held in high-heeled shoes        |
| ( )          | them feel slimmer. Many women prefer to ignore health warnings, and even the pain and discomfort of              |
| ( )          | increases the downward pressure on the knees by 25 per cent, placing significant stress on the kneecaps."        |
| ( )          | Stanford University in the USA. A team of biomotion researchers did tests on the knees of women when they walked |
| ( )          | popular high heels are. It said 93 per cent of women say they felt sexier and more feminine when they            |
| ( )          | Britain's Daily Express newspaper reports a recent survey of 1,200 women that shows how                          |
| ( )          | joints. This increases the risk of the condition osteoarthritis, which could require surgery.                    |

# PUT THE WORDS IN THE RIGHT ORDER

From <http://www.BreakingNewsEnglish.com/1504/150416-high-heels.html>

1. for are choice women heels fashion many High the .

---

2. of Wearing over period heels long time high a .

---

3. their knees They risk permanent damage to

---

4. knees in an awkward , bent position . High heels put

---

5. the osteoarthritis risk of This the increases condition .

---

6. survey shows 1,200 of A how women recent popular that .

---

7. felt they say women of cent per 93 said It sexier .

---

8. health ignore to prefer women Many warnings .

---

9. the held odd which are The at feet angle .

---

10. 25% . downward the the on by Increases pressure knees

---

# CIRCLE THE CORRECT WORD (20 PAIRS)

From <http://www.BreakingNewsEnglish.com/1504/150416-high-heels.html>

Shoes with high heels are the fashion *choice* / *choose* for many women around the world. However, a new study *provides* / *proves* that wearing high heels over a long period *for* / *of* time can permanently *injury* / *injure* the body. The study is from Stanford University in the USA. A team of biomotion researchers did tests *in* / *on* the knees of women when they walked in flat shoes, shoes with 3.8-cm heels and in shoes with 8.9-cm heels. The results *send* / *sending* a warning to women who want to wear high heels that they risk permanent damage *to* / *from* their knees. They said high heels put knees in an awkward, *bend* / *bent* position that makes them function like aged or damaged joint / joints. This increases the risk of the condition osteoarthritis, which could *require* / *requirement* surgery.

Britain's Daily Express newspaper reports a *recent* / *recently* survey of 1,200 women that shows how *popularly* / *popular* high heels are. It said 93 per cent of women say they felt sexier and more *feminist* / *feminine* when they wore heels, 88 per cent said they considered themselves more *style* / *stylish* and 77 per cent said their heels made them *feeling* / *feel* slimmer. Many women prefer to *ignore* / *ignoring* health warnings, and even the pain and discomfort of wearing heels, to look and feel good. A British doctor, Tim Allardyce, said he *frequent* / *regularly* treats women with problems caused by wearing heels. He said: "The *odd* / *oddly* angle at which the feet are held in high-heeled shoes increases the downward *pressurise* / *pressure* on the knees by 25 per cent, placing *significant* / *significantly* stress on the kneecaps."

**Talk about the connection between each pair of words in italics, and why the correct word is correct.**

# INSERT THE VOWELS (a, e, i, o, u)

From <http://www.BreakingNewsEnglish.com/1504/150416-high-heels.html>

Sh\_\_s w\_th h\_gh h\_\_ls \_r\_ th\_ f\_sh\_\_n ch\_\_c\_ f\_r  
m\_ny w\_m\_n \_r\_\_nd th\_ w\_rld. H\_w\_v\_r, \_n\_w st\_dy  
pr\_v\_s th\_t w\_\_r ng h\_gh h\_\_ls \_v\_r \_l ng p\_r\_\_d \_f  
t\_m\_ c\_n p\_rm\_n\_ntly \_nj\_r\_ th\_ b\_dy. Th\_ st\_dy \_s  
fr\_m St\_nf\_rd \_n\_v\_rs\_ty \_n th\_ \_S\_. \_t\_m \_f  
b\_\_m\_t\_\_n r\_s\_\_rch\_rs d\_d t\_sts \_n th\_ kn\_\_s \_f  
w\_m\_n wh\_n th\_y w\_lk\_d \_n fl\_t sh\_\_s, sh\_\_s w\_th  
3.8-cm h\_\_ls \_nd \_n sh\_\_s w\_th 8.9-cm h\_\_ls. Th\_  
r\_s\_lts s\_nd \_w\_rn ng t\_ w\_m\_n wh\_ w\_nt t\_ w\_\_r  
h\_gh h\_\_ls th\_t th\_y r\_sk p\_rm\_n\_nt d\_m\_g\_ t\_ th\_\_r  
kn\_\_s. Th\_y s\_\_d h\_gh h\_\_ls p\_t kn\_\_s \_n \_n\_wkw\_rd,  
b\_nt p\_s\_t\_\_n th\_t m\_k\_s th\_m f\_nct\_\_n l\_k\_\_g\_d \_r  
d\_m\_g\_d j\_\_nts. Th\_s \_ncr\_\_s\_s th\_ r\_sk \_f th\_  
c\_nd\_t\_\_n \_st\_\_rthr\_t\_s, wh\_ch c\_\_ld r\_q\_\_r  
s\_rg\_ry.

Br\_t\_\_n's D\_\_ly \_xpr\_ss n\_wsp\_p\_r\_r\_p\_rts \_r\_c\_nt  
s\_rv\_y \_f 1,200 w\_m\_n th\_t sh\_ws h\_w p\_p\_l\_r h\_gh  
h\_\_ls \_r\_. \_t s\_\_d 93 p\_r\_c\_nt \_f w\_m\_n s\_y th\_y f\_l\_t  
s\_x\_\_r \_nd m\_r\_ f\_m\_n\_n\_ wh\_n th\_y w\_r\_ h\_\_ls, 88  
p\_r\_c\_nt s\_\_d th\_y c\_ns\_d\_r\_d th\_ms\_lv\_s m\_r\_  
styl\_sh \_nd 77 p\_r\_c\_nt s\_\_d th\_\_r h\_\_ls m\_d\_ th\_m  
f\_\_l sl\_mm\_r. M\_ny w\_m\_n pr\_f\_r\_t\_ \_gn\_r\_ h\_\_lth  
w\_rn\_gs, \_nd \_v\_n th\_ p\_\_n \_nd d\_sc\_mf\_r\_t \_f  
w\_\_r ng h\_\_ls, t\_ l\_\_k \_nd f\_\_l g\_\_d. \_ Br\_t\_sh  
d\_ct\_r, T\_m\_ll\_rdy\_c\_, s\_\_d h\_r\_g\_l\_rly tr\_\_ts w\_m\_n  
w\_th pr\_bl\_ms c\_\_s\_d by w\_\_r ng h\_\_ls. H\_s\_\_d: "Th\_  
\_dd \_ngl\_ \_t wh\_ch th\_ f\_\_t \_r\_ h\_ld \_n h\_gh-h\_\_l\_d  
sh\_\_s \_ncr\_\_s\_s th\_ d\_wnw\_rd pr\_ss\_r\_ \_n th\_ kn\_\_s  
by 25 p\_r\_c\_nt, pl\_c\_ng s\_gn\_f\_c\_nt str\_ss \_n th\_  
kn\_\_c\_ps."

# PUNCTUATE THE TEXT AND ADD CAPITALS

From <http://www.BreakingNewsEnglish.com/1504/150416-high-heels.html>

shoes with high heels are the fashion choice for many women around the world however a new study proves that wearing high heels over a long period of time can permanently injure the body the study is from stanford university in the usa a team of biomotion researchers did tests on the knees of women when they walked in flat shoes shoes with 38-cm heels and in shoes with 89-cm heels the results send a warning to women who want to wear high heels that they risk permanent damage to their knees they said high heels put knees in an awkward bent position that makes them function like aged or damaged joints this increases the risk of the condition osteoarthritis which could require surgery

britain's daily express newspaper reports a recent survey of 1200 women that shows how popular high heels are it said 93 per cent of women say they felt sexier and more feminine when they wore heels 88 per cent said they considered themselves more stylish and 77 per cent said their heels made them feel slimmer many women prefer to ignore health warnings and even the pain and discomfort of wearing heels to look and feel good a british doctor tim allardyce said he regularly treats women with problems caused by wearing heels he said "the odd angle at which the feet are held in high-heeled shoes increases the downward pressure on the knees by 25 per cent placing significant stress on the kneecaps"

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <http://www.BreakingNewsEnglish.com/1504/150416-high-heels.html>

Shoes with high heels are the fashion choice for many women around the world. However, a new study proves that wearing high heels over a long period of time can permanently injure the body. The study is from Stanford University in the USA. A team of biomotion researchers did tests on the knees of women when they walked in flat shoes, shoes with 3.8-cm heels and in shoes with 8.9-cm heels. The results send a warning to women who want to wear high heels that they risk permanent damage to their knees. They said high heels put knees in an awkward, bent position that makes them function like aged or damaged joints. This increases the risk of the condition osteoarthritis, which could require surgery. Britain's Daily Express newspaper reports a recent survey of 1,200 women that shows popular high heels are. It said 93 percent of women say they felt sexier and more feminine when they wore heels, 88 percent said they considered themselves more stylish and 77 percent said their heels made them feel slimmer. Many women prefer to ignore health warnings, and even the pain and discomfort of wearing heels, to look and feel good. A British doctor, Tim Allardyce, said he regularly treats women with problems caused by wearing heels. He said: "The odd angle at which the feet are held in high-heeled shoes increases the downward pressure on the knees by 25 percent, placing significant stress on the knee caps."



# ACADEMIC WRITING

From <http://www.BreakingNewsEnglish.com/1504/150416-high-heels.html>

High heels should be banned as a health hazard. Discuss.

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# HOMework

**1. VOCABULARY EXTENSION:** Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

**2. INTERNET:** Search the Internet and find out more about high heels. Share what you discover with your partner(s) in the next lesson.

**3. HIGH HEELS:** Make a poster about high heels and health. Show your work to your classmates in the next lesson. Did you all have similar things?

**4. NO HIGH HEELS:** Write a magazine article about banning high heels as a health hazard. Include imaginary interviews with people who are for and against this.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

**5. WHAT HAPPENED NEXT?** Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

**6. LETTER:** Write a letter to an expert on knees. Ask him/her three questions about high heels. Give him/her three of your ideas on how to make people aware of the potential hazards of high heels. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

# ANSWERS

## TRUE / FALSE (p.4)

a T    b T    c F    d T    e T    f F    g F    h F

## SYNONYM MATCH (p.4)

- |              |                |
|--------------|----------------|
| 1. proves    | a. verifies    |
| 2. warning   | b. caution     |
| 3. permanent | c. indefinite  |
| 4. awkward   | d. difficult   |
| 5. require   | e. need        |
| 6. survey    | f. study       |
| 7. stylish   | g. fashionable |
| 8. ignore    | h. disregard   |
| 9. regularly | i. frequently  |
| 10. placing  | j. putting     |

## COMPREHENSION QUESTIONS (p.8)

1. A fashion choice
2. Biomotion researchers
3. 8.9 cm
4. An awkward, bent position
5. An operation
6. 1,200
7. 88%
8. Health warnings
9. An odd angle
10. Stress

## MULTIPLE CHOICE - QUIZ (p.9)

1. d    2. b    3. d    4. c    5. d    6. c    7. a    8. c    9. b    10. a

## ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.  
(It's good for your English ;-)