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Models under 16 banned in London

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Contents

The Article	2
Warm-ups	3
Before Reading / Listening	4
While Reading / Listening	5
Listening Gap Fill	6
After Reading / Listening	7
Student Survey	8
Discussion	9
Language Work	10
Writing	11
Homework	12
Answers	13

15th September, 2007

THE ARTICLE

Models under 16 banned in London

Models under the age of 16 will be banned from London's Fashion Week. In addition, all models may soon have to show a health certificate before they are allowed to walk down the catwalk. These are the decisions of the Model Health Inquiry that was set up in March by the British Fashion Council to ensure models eat healthily. One major concern was how skinny models have become. Super-thin is in and experts fear that models are risking their health due to a variety of eating disorders. An unwanted side effect is that teenagers and young women in their twenties and thirties copy the looks and shape of size-zero models and put their health at risk. The inquiry is in response to the deaths of two Uruguayan models Luisel Ramos, 22, and her sister, Eliana, 18, who died last year because of poor diets.

The Model Health Inquiry did not recommend barring models based on their body mass index (BMI). It said that the BMI - the ratio of weight to height - was "not an accurate method of determining health". The inquiry said models could easily make themselves vomit to try and beat the tests and get on the catwalk. Other countries have barred models with a BMI of less than 18. The World Health Organization says a BMI of 18.5 is a minimum healthy standard. The report made 14 recommendations, which include random drug tests and a "rigorous scientific study" into the extent of eating disorders within the industry. The report also said that from September 2008, models "should provide a medical certificate attesting their good health from doctors with expertise in recognizing eating disorders."

WARM-UPS

1. MODELS: Walk around the class and talk to other students about fashion and fashion models. Change partners often. After you finish, sit with your original partner(s) and share what you found out.

2. CHAT: In pairs / groups, decide which of these topics or words from the article are most interesting and which are most boring.

models / being under 16 / health certificates / catwalks / eating disorders / diet / weight / height / vomiting / drug tests / recommendations / reports

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

3. MODEL ME: You are a model. You travel around the world and appear on the covers of glossy magazines. Walk around the class and talk to the other “models” about life behind the lens and on the catwalk.

4. OCCUPATIONAL HAZARDS: Many jobs have unhealthy sides to them. With your partner(s), brainstorm and talk about the dangers of these jobs. Order them from most to least dangerous. Change partners and share your answers.

- model
- English teacher
- train driver
- US President
- McDonald’s worker
- Hollywood / Bollywood actor
- lawyer
- nurse

5. MY BODY: Do you worry about the shape of your body? Are you unhappy with different parts? With your partner(s), talk about how happy / unhappy you are with the body bits below:

- hair
- eyes
- nose
- teeth
- legs
- bottom
- stomach
- other _____

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

7. QUICK DEBATE: Students A think models are too thin and are a bad role model. Students B think there’s nothing wrong with the shape or size of models. Change partners often. Share your findings.

BEFORE READING / LISTENING

1. TRUE / FALSE: Look at the article's headline and guess whether these sentences are true (T) or false (F):

- a. All 13-15-year-old models cannot enter London next week. T / F
- b. Models at a London fashion show must show a health certificate. T / F
- c. Being super thin is the current trend for catwalk models. T / F
- d. Models put their health at risk by working in sub-zero conditions. T / F
- e. BMI is a ratio based on the thickness of someone's body and legs. T / F
- f. Some countries have banned models who are too thin. T / F
- g. A report suggests models take drug tests from time to time. T / F
- h. The report says eating disorder experts should go to fashion shows. T / F

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

- | | |
|----------------|-----------------|
| 1. banned | a. prohibiting |
| 2. catwalk | b. imitate |
| 3. ensure | c. confirming |
| 4. in | d. make certain |
| 5. copy | e. throw up |
| 6. barring | f. fashionable |
| 7. determining | g. barred |
| 8. vomit | h. strict |
| 9. rigorous | i. establishing |
| 10. attesting | j. runway |

3. PHRASE MATCH: Match the following phrases from the article (sometimes more than one combination is possible):

- | | |
|--|-------------------------------------|
| 1. Models under the | a. in |
| 2. allowed to walk | b. of size-zero models |
| 3. Super-thin is | c. minimum healthy standard |
| 4. models are risking their health due | d. of determining health |
| 5. copy the looks and shape | e. down the catwalk |
| 6. The Model Health Inquiry did not | f. scientific study |
| 7. not an accurate method | g. to a variety of eating disorders |
| 8. a BMI of 18.5 is a | h. age of 16 will be banned |
| 9. a rigorous | i. attesting their good health |
| 10. provide a medical certificate | j. recommend barring models |

WHILE READING / LISTENING

GAP FILL: Put the words into the gaps in the text.

Models under 16 banned in London

Models under the age of 16 will be _____ from London's Fashion Week. In addition, all models may soon have to show a health certificate before they are allowed to walk down the _____. These are the decisions of the Model Health Inquiry that was set up in March by the British Fashion Council to _____ models eat healthily. One major concern was how skinny models have become. Super-thin is in and experts fear that models are _____ their health due to a variety of eating disorders. An unwanted side _____ is that teenagers and young women in their twenties and thirties copy the _____ and shape of size-zero models and put their health at risk. The inquiry is in _____ to the deaths of two Uruguayan models Luisel Ramos, 22, and her sister, Eliana, 18, who died last year because of _____ diets. The Model Health Inquiry did not recommend _____ models based on their body mass _____ (BMI). It said that the BMI - the ratio of weight to height - was "not an _____ method of determining health". The inquiry said models could easily make themselves _____ to try and beat the tests and get on the catwalk. Other countries have _____ models with a BMI of less than 18. The World Health Organization says a BMI of 18.5 is a minimum healthy standard. The report made 14 recommendations, which include _____ drug tests and a "rigorous scientific study" into the extent of eating disorders within the industry. The report also said that from September 2008, models "should _____ a medical certificate attesting their good health from doctors with _____ in recognizing eating disorders."

effect
catwalk
poor
banned
risking
response
ensure
looks
barred
expertise
index
vomit
barring
random
provide
accurate

LISTENING

Listen and fill in the spaces.

Models under 16 banned in London

Models under the age of 16 _____ London's Fashion Week. In addition, all models may soon have to show a health certificate before they _____ down the catwalk. These are the decisions of the Model Health Inquiry _____ March by the British Fashion Council to ensure models eat healthily. One major concern was how skinny models have become. Super-thin _____ that models are risking their health _____ eating disorders. An unwanted side effect is that teenagers and young women in their twenties and thirties copy the looks and shape of size-zero models and _____. The inquiry _____ deaths of two Uruguayan models Luisel Ramos, 22, and her sister, Eliana, 18, who died last year because of poor diets.

The Model Health Inquiry did not recommend _____ their body mass index (BMI). It said that the BMI - _____ - was "not an accurate method of determining health". The inquiry said models could easily make themselves _____ the tests and get on the catwalk. Other countries have barred models with a BMI of less than 18. The World Health Organization says a BMI of 18.5 _____ standard. The report made 14 recommendations, which include random drug tests and a "rigorous scientific study" _____ eating disorders within the industry. The report also said that from September 2008, models "should provide a medical certificate _____ from doctors with expertise in recognizing eating disorders."

AFTER READING / LISTENING

1. WORD SEARCH: Look in your dictionaries / computer to find collocates, other meanings, information, synonyms ... for the words 'cat' and 'walk'.

cat	walk
------------	-------------

- 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 exactly how these were used in the text:

<ul style="list-style-type: none">• 16• allowed• in• side• zero• poor	<ul style="list-style-type: none">• mass• accurate• vomit• minimum• random• expertise
--	--

STUDENT MODELS SURVEY

Write five GOOD questions about MODELS 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 _____	STUDENT 2 _____	STUDENT 3 _____
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.

DISCUSSION

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

- a) What did you think when you read the headline?
- b) Would you like to be a model?
- c) Do you think a model's job is an unhealthy one?
- d) What do you think when you see models walking down the catwalk?
- e) Why do you think super-thin is in?
- f) Would you like to be size zero?
- g) What more should the fashion industry do to help models with eating disorders?
- h) Do you think women who have eating disorders because they copy the models' looks should sue the fashion industry?
- i) What do you think of the clothes fashion models wear on catwalks?
- j) Do you think health certificates for models are necessary?



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

- a) Did you like reading this article?
- b) What rules would you male models follow to help them stay healthy?
- c) Do you eat a balanced diet?
- d) How would you help someone with an eating disorder?
- e) Do you think there should be laws banning super-thin models?
- f) What kind of lifestyles do you think models lead?
- g) Do you think 15 is too young to be walking down a catwalk?
- h) What is in in your country?
- i) What questions would you like to ask a fashion model?
- j) Did you like this discussion?

AFTER DISCUSSION: Join another partner / group and tell them what you talked about.

- a) What was the most interesting thing you heard?
- b) Was there a question you didn't like?
- c) Was there something you totally disagreed with?
- d) What did you like talking about?
- e) Which was the most difficult question?

LANGUAGE

CORRECT WORD: Put the correct words from a–d below in the article.

Models under 16 banned in London

Models under the (1) _____ of 16 will be banned from London's Fashion Week. In addition, all models may soon have to show a (2) _____ certificate before they are allowed to walk down the catwalk. These are the decisions of the Model Health Inquiry that was set (3) _____ in March by the British Fashion Council to ensure models eat healthily. One major concern was how (4) _____ models have become. Super-thin is in and experts fear that models are risking their health due to a (5) _____ of eating disorders. An unwanted side effect is that teenagers and young women in their twenties and thirties copy the looks and shape of size-zero models and put their health (6) _____ risk. The inquiry is in response to the deaths of two Uruguayan models Luisel Ramos, 22, and her sister, Eliana, 18, who died last year because of poor diets.

The Model Health Inquiry did not recommend (7) _____ models based on their body mass index (BMI). It said that the BMI - the ratio of weight to height - was "not an (8) _____ method of determining health". The inquiry said models could easily make themselves vomit to try and beat the tests and get on the catwalk. Other countries have barred models with a BMI of (9) _____ than 18. The World Health Organization says a BMI of 18.5 is a minimum healthy (10) _____. The report made 14 recommendations, which include random drug tests and a "rigorous scientific study" (11) _____ the extent of eating disorders within the industry. The report also said that from September 2008, models "should provide a medical certificate attesting their good health from doctors with (12) _____ in recognizing eating disorders."

- | | | | | |
|-----|----------------|--------------|--------------|---------------|
| 1. | (a) weight | (b) old | (c) age | (d) size |
| 2. | (a) wealth | (b) health | (c) wealthy | (d) healthy |
| 3. | (a) down | (b) upon | (c) in | (d) up |
| 4. | (a) skinny | (b) skin | (c) skinned | (d) skinniest |
| 5. | (a) variety | (b) various | (c) vicious | (d) vary |
| 6. | (a) for | (b) at | (c) by | (d) with |
| 7. | (a) bargaining | (b) bearing | (c) baring | (d) barring |
| 8. | (a) accuracy | (b) acute | (c) accurate | (d) cute |
| 9. | (a) less | (b) few | (c) least | (d) low |
| 10. | (a) stand | (b) standard | (c) standing | (d) stand for |
| 11. | (a) onto | (b) out of | (c) into | (d) out of |
| 12. | (a) expertly | (b) expert | (c) experts | (d) expertise |

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 more information about size zero. Talk about what you discover with your partner(s) in the next lesson.

3. EATING DISORDER POSTER: Make a poster showing different eating disorders. Write a description of the dangers and how to avoid them. Show your poster to your classmates in the next lesson. Did you all find out similar things?

4. MAGAZINE ARTICLE: Write a magazine article about the fashion industry. Is it a good or bad industry? Include imaginary interviews with models and designers.

Read what you wrote to your classmates in the next lesson. Which article was best and why?

5. LETTER: Write a letter to the head of a fashion show. Ask him/her three questions about the policy towards making sure models are healthy. Give him/her three pieces of advice about how to ensure models are good role models for society. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

TRUE / FALSE:

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

SYNONYM MATCH:

- | | |
|----------------|-----------------|
| 1. banned | a. barred |
| 2. catwalk | b. runway |
| 3. ensure | c. make certain |
| 4. in | d. fashionable |
| 5. copy | e. imitate |
| 6. barring | f. prohibiting |
| 7. determining | g. establishing |
| 8. vomit | h. throw up |
| 9. rigorous | i. strict |
| 10. attesting | j. confirming |

PHRASE MATCH:

- | | |
|--|-------------------------------------|
| 1. Models under the | a. age of 16 will be banned |
| 2. allowed to walk | b. down the catwalk |
| 3. Super-thin is | c. in |
| 4. models are risking their health due | d. to a variety of eating disorders |
| 5. copy the looks and shape | e. of size-zero models |
| 6. The Model Health Inquiry did not | f. recommend barring models |
| 7. not an accurate method | g. of determining health |
| 8. a BMI of 18.5 is a | h. minimum healthy standard |
| 9. a rigorous | i. scientific study |
| 10. provide a medical certificate | j. attesting their good health |

GAP FILL:

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LANGUAGE WORK

1 - c 2 - b 3 - d 4 - a 5 - a 6 - b 7 - d 8 - c 9 - a 10 - b 11 - c 12 - d