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Level 3 – 23rd April 2026

The new 'looksmaxxing' trend could be risky

FREE online quizzes, mp3 listening and more for this lesson here:

<https://breakingnewsenglish.com/2604/260423-looksmaxxing.html>

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Please try Levels 0, 1 and 2 (they are easier).

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THE ARTICLE

From <https://breakingnewsenglish.com/2604/260423-looksmaxxing.html>

A new trend among young men is causing doctors to worry. The trend is called "looksmaxxing". Men who follow it want to maximize their looks. They want to have a more physically attractive face and body. They do this through many different methods. Some of these are dangerous. One method is bone smashing. This involves putting pressure on bones in the face to make them change shape. Many men do this to try to get a "square" jaw. They want to look stronger by having a "power jaw". Another thing young men are doing is having cosmetic surgery and using fillers in their cheeks, under their eyes, and in their lips. These things can remove wrinkles and make men look younger.

Many doctors are concerned that men who follow looksmaxxing are damaging their physical and mental health. Many things can go wrong with bone smashing and cosmetic surgery. Moreover, mental health experts warn that young men can develop anxiety if they constantly worry about their looks and body shape. Anda Solea, an expert on looksmaxxing, said problems start for men when looks become the only thing in their lives. Dr Stuart Murray, from the University of Southern California, warned that too many young men are falling "into the trap of dissatisfaction and low self-esteem". He hopes men will "focus on more sustainable ways to generate their self-esteem".

Sources: <https://theticker.org/19045/science/looksmaxxing-raises-health-concerns/>
<https://wjla.com/news/local/looksmaxxing-dangerous-rise-extreme-fitness-trend-young-men-boy-kibble-clavicular-diet-warning-long-term-health-consequences-beef-rice-harmful-colorectal-cancer-warning-signs>
<https://en.wikipedia.org/wiki/Looksmaxxing>

WARM-UPS

1. LOOKS: Students walk around the class and talk to other students about looks. 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?

trend / young men / doctor / worry / looks / physically attractive / bones / jaw / lips
mental health / cosmetic surgery / health experts / dissatisfaction / self-esteem

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

3. LOOKS DON'T MATTER: Students A **strongly** believe looks don't matter; Students B **strongly** believe looks really matter. Change partners again and talk about your conversations.

4. GOOD LOOKING: How good are these things at making us better looking? Would (or do) you do/use these? Complete this table with your partner(s). Change partners often and share what you wrote.

| | How Good | You |
|-------------------|----------|-----|
| Cosmetic surgery | | |
| Exercise | | |
| Fillers | | |
| High-protein diet | | |
| Sleep | | |
| Anti-ageing cream | | |

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

6. ATTRACTIVENESS: Rank these with your partner. Put the most attractive things about a person at the top. Change partners often and share your rankings.

- Nice smile
- Hair
- Kindness
- Height
- Intelligence
- Big muscles
- Nice eyes
- Sense of humour

VOCABULARY MATCHING

Paragraph 1

- | | |
|---------------------|--|
| 1. trend | a. To make something as big or as good as possible. |
| 2. maximize | b. Nice to look at. |
| 3. looks | c. Lines on the skin, usually on the face, that come with age. |
| 4. attractive | d. The way someone or something appears. |
| 5. jaw | e. Medical operations to change how a person looks. |
| 6. cosmetic surgery | f. A general direction/fashion in which something is changing. |
| 7. wrinkles | g. The lower part/bone of your face, under your mouth. |

Paragraph 2

- | | |
|---------------------|---|
| 8. concerned | h. A person who knows a lot about a subject. |
| 9. expert | i. A feeling of worry or nervousness. |
| 10. anxiety | j. Able to continue for a long time without harm. |
| 11. trap | k. A feeling of not being happy with something. |
| 12. dissatisfaction | l. Something that is hard to escape from. |
| 13. self-esteem | m. Worried about something. |
| 14. sustainable | n. How you feel about your own value or worth. |

BEFORE READING / LISTENING

From <https://breakingnewsenglish.com/2604/260423-looksmaxxing.html>

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

1. Doctors are worried about old men following a new trend. **T / F**
2. Men who follow the looksmaxxing trend want better bodies. **T / F**
3. One part of looksmaxxing is changing the shape of bones on the face. **T / F**
4. Men are having cosmetic surgery to give them bigger wrinkles. **T / F**
5. Doctors say looksmaxxing can harm mental and physical health. **T / F**
6. The article says looksmaxxing can cause anxiety in young men. **T / F**
7. An expert said looksmaxxing is the most important thing for some men. **T / F**
8. A doctor hopes men will lower their self-esteem. **T / F**

2. SYNONYM MATCH: (The words in **bold** are from the news article.)

- | | |
|---------------------------|------------------|
| 1. causing | a. good-looking |
| 2. looks | b. specialist |
| 3. attractive | c. take away |
| 4. remove | d. harming |
| 5. younger | e. appearance |
| 6. concerned | f. self-respect |
| 7. damaging | g. making |
| 8. expert | h. unhappiness |
| 9. dissatisfaction | i. more youthful |
| 10. self-esteem | j. worried |

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

- | | |
|---------------------------------------|---------------------|
| 1. A new trend among | a. surgery |
| 2. have a more physically attractive | b. their lives |
| 3. They want to look | c. young men |
| 4. cosmetic | d. wrinkles |
| 5. These things can remove | e. constantly worry |
| 6. damaging their physical and mental | f. ways |
| 7. men can develop anxiety if they | g. face and body |
| 8. looks become the only thing in | h. trap |
| 9. falling into the | i. stronger |
| 10. focus on more sustainable | j. health |

GAP FILL

From <https://breakingnewsenglish.com/2604/260423-looksmaxxing.html>

A new trend among young men is (1) _____. doctors to worry. The trend is called "looksmaxxing". Men who follow it want to maximize their (2) _____. They want to have a more physically (3) _____ face and body. They do this through many different methods. Some of these are dangerous. One method is (4) _____ smashing. This involves putting pressure on bones in the face to make them (5) _____ shape. Many men do this to try to get a "square" jaw. They want to (6) _____ stronger by having a "power jaw". Another thing young men are doing is having cosmetic (7) _____ and using fillers in their cheeks, under their eyes, and in their lips. These things can remove (8) _____ and make men look younger.

Many doctors are concerned that men who (9) _____ looksmaxxing are damaging their physical and mental health. Many things can go wrong with bone smashing and cosmetic surgery. Moreover, mental health (10) _____ warn that young men can develop anxiety if they constantly worry about their looks and body (11) _____. Anda Solea, an expert on looksmaxxing, said problems (12) _____ for men when looks become the only thing in their (13) _____. Dr Stuart Murray, from the University of Southern California, warned that too many young men are falling "into the (14) _____ of dissatisfaction and (15) _____ self-esteem". He hopes men will (16) _____ on more sustainable ways to generate their self-esteem".

attractive

change

wrinkles

bone

surgery

causing

looks

look

start

low

experts

lives

focus

follow

shape

trap

LISTENING – Guess the answers. Listen to check.

From <https://breakingnewsenglish.com/2604/260423-looksmaxxing.html>

- 1) A new trend among young men is causing _____
 - a. doctors too worry
 - b. doctor to worry
 - c. doctors to worry
 - d. doctors to worried
- 2) Men who follow it want to _____
 - a. maximize there looks
 - b. maximize their looks
 - c. maximize they looks
 - d. maximize them looks
- 3) This involves putting pressure on bones in the face to make _____
 - a. them chance shaped
 - b. them change shapely
 - c. them change shape
 - d. them chance shape
- 4) Another thing young men are doing is _____
 - a. having cosmetic sugary
 - b. having cosmetic surge airy
 - c. having cosmetics surgery
 - d. having cosmetic surgery
- 5) using fillers in their cheeks, under their eyes, and _____
 - a. in their lips
 - b. in their laps
 - c. in their lops
 - d. in their rips
- 6) men who follow looksmaxxing are damaging their physical _____
 - a. end mental health
 - b. and mentally health
 - c. and mental healthy
 - d. and mental health
- 7) mental health experts warn that young men _____
 - a. can develop anxious
 - b. can develop anxiety
 - c. can develops anxiety
 - d. canned develop anxiety
- 8) problems start for men when looks become the only thing _____
 - a. on their lives
 - b. in them lives
 - c. in their lives
 - d. in their live
- 9) warned that too many young men are falling _____
 - a. unto the trap
 - b. into the trap
 - c. into the clap
 - d. into the trip
- 10) focus on more sustainable ways to generate _____
 - a. their selfie-steam
 - b. their self-esteem
 - c. their sell fist team
 - d. there's elf esteemed

LISTENING – Listen and fill in the gaps

From <https://breakingnewsenglish.com/2604/260423-looksmaxxing.html>

A (1) _____ young men is causing doctors to worry. The trend is called "looksmaxxing". Men who follow it want (2) _____ looks. They want to have a more physically attractive face and body. They do this through many different methods. Some of these are dangerous. One method (3) _____. This involves putting pressure on bones in the face to make them change shape. Many men do this to try to get (4) _____. They want to look stronger by having a "power jaw". Another thing young men are doing is (5) _____ and using fillers in their cheeks, under their eyes, and in their lips. These things can remove (6) _____ men look younger.

Many doctors (7) _____ men who follow looksmaxxing are damaging their physical and mental health. Many things can (8) _____ bone smashing and cosmetic surgery. Moreover, mental health experts warn that young men (9) _____ if they constantly worry about their looks and body shape. Anda Solea, (10) _____ looksmaxxing, said problems start for men when looks become the only thing in their lives. Dr Stuart Murray, from the University of Southern California, warned that too many young men are falling "into (11) _____ dissatisfaction and low self-esteem". He hopes men will "focus on more sustainable ways (12) _____ self-esteem".

COMPREHENSION QUESTIONS

From <https://breakingnewsenglish.com/2604/260423-looksmaxxing.html>

1. Who is worried about young men?
2. What does the article say men want to maximize?
3. What shape of jaw do many young men want?
4. What are men putting in their cheeks?
5. What do young men want to remove from their face?
6. What are men damaging besides their physical health?
7. What can young men develop if they worry too much?
8. Who is Anda Solea?
9. What trap are young men falling into?
10. What did a doctor say young men should focus on increasing?

MULTIPLE CHOICE - QUIZ

From <https://breakingnewsenglish.com/2604/260423-looksmaxxing.html>

- 1) Who is worried about young men?
 - a) old men
 - b) doctors
 - c) young women
 - d) experts
- 2) What does the article say men want to maximize?
 - a) their time
 - b) their money
 - c) their happiness
 - d) their looks
- 3) What shape of jaw do many young men want?
 - a) a square jaw
 - b) a triangular jaw
 - c) an oval jaw
 - d) a pentagonal jaw
- 4) What are men putting in their cheeks?
 - a) their tongues
 - b) marshmallows
 - c) filler
 - d) cotton wool
- 5) What do young men want to remove from their face?
 - a) spots
 - b) wrinkles
 - c) greasy
 - d) hair
- 6) What are men damaging besides their physical health?
 - a) their jobs
 - b) their relationships
 - c) their mental health
 - d) their hips
- 7) What can young men develop if they worry too much?
 - a) baldness
 - b) heart problems
 - c) technique
 - d) anxiety
- 8) Who is Anda Solea?
 - a) an expert on looksmaxxing
 - b) a cosmetic surgeon
 - c) a wrinkle remover
 - d) a power jaw designer
- 9) What trap are young men falling into?
 - a) the trap of dissatisfaction and low self-esteem
 - b) a beat trap
 - c) a deep trap
 - d) a difficult-to-get-out-of trap
- 10) What did a doctor say young men should focus on increasing?
 - a) their money
 - b) self-esteem
 - c) muscle size
 - d) circle of friends

ROLE PLAY

From <https://breakingnewsenglish.com/2604/260423-looksmaxxing.html>

Role A – A Nice Smile

You think a nice smile is the most attractive thing about a person. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least attractive of these (and why): lovely hair, big muscles or kindness.

Role B – Hair

You think lovely hair is the most attractive thing about a person. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least attractive of these (and why): a nice smile, big muscles or kindness.

Role C – Big Muscles

You think big muscles is the most attractive thing about a person. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least attractive of these (and why): lovely hair, a nice smile or kindness.

Role D – Kindness

You think kindness is the most attractive thing about a person. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least attractive of these (and why): lovely hair, big muscles or a nice smile.

AFTER READING / LISTENING

From <https://breakingnewsenglish.com/2604/260423-looksmaxxing.html>

1. WORD SEARCH: Look online / in your dictionary to find collocates, information on, synonyms for... the words 'looks' and 'trend'.

| looks | trend |
|-------|-------|
| | |

- 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">• new• want• through• change• doing• remove | <ul style="list-style-type: none">• concerned• wrong• develop• thing• falling• focus |
|--|---|

LOOKS SURVEY

From <https://breakingnewsenglish.com/2604/260423-looksmaxxing.html>

Write five GOOD questions about looks 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.

LOOKS DISCUSSION

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

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'looks'?
3. How happy are you with your looks?
4. What do you know about looksmaxxing?
5. What do you do to look better?
6. What do you think of 'bone smashing'?
7. What do you think of cosmetic surgery?
8. How much do you worry about wrinkles?
9. What would you like to change about yourself?
10. What advice do you have for looksmaxxers?

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LOOKS DISCUSSION

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

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'trend'?
13. What do you think about what you read?
14. Why might looksmaxxing harm people's mental health?
15. Are you ever anxious about your looks?
16. What do you think of photos of perfect bodies on social media?
17. Do you have low or high self-esteem?
18. Should we teach children to not worry about their looks?
19. What do you think of the cosmetics industry?
20. What questions would you like to ask the doctors?

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 <https://breakingnewsenglish.com/2604/260423-looksmaxxing.html>

A new trend among young men is (1) _____ doctors to worry. The trend is called "looksmaxxing". Men who follow it want to maximize their (2) _____. They want to have a more physically attractive face and body. They do this (3) _____ many different methods. Some of these are dangerous. One method is bone smashing. This involves putting pressure on bones (4) _____ the face to make them change shape. Many men do this to try to get a "square" jaw. They want to look stronger by (5) _____ a "power jaw". Another thing young men are doing is having cosmetic surgery and using fillers in their cheeks, under their eyes, and in their (6) _____. These things can remove wrinkles and make men look younger.

Many doctors are concerned that men who follow looksmaxxing are damaging (7) _____ physical and mental health. Many things can go wrong with bone smashing and cosmetic surgery. Moreover, mental health (8) _____ warn that young men can develop anxiety if they constantly worry about their looks and body shape. Anda Solea, an expert (9) _____ looksmaxxing, said problems start for men when looks become the only thing in their (10) _____. Dr Stuart Murray, from the University of Southern California, warned that too many young men are (11) _____ "into the trap of dissatisfaction and low self-esteem". He hopes men will "focus (12) _____ more sustainable ways to generate their self-esteem".

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

- | | | | | |
|-----|-------------|-------------|--------------|-------------|
| 1. | (a) caused | (b) cause | (c) causing | (d) causes |
| 2. | (a) looks | (b) looked | (c) looking | (d) locks |
| 3. | (a) through | (b) though | (c) thorough | (d) thought |
| 4. | (a) in | (b) at | (c) on | (d) up |
| 5. | (a) had | (b) have | (c) has | (d) having |
| 6. | (a) rips | (b) dips | (c) pips | (d) lips |
| 7. | (a) their | (b) they | (c) them | (d) us |
| 8. | (a) accepts | (b) expats | (c) expects | (d) experts |
| 9. | (a) on | (b) up | (c) as | (d) for |
| 10. | (a) lived | (b) lives | (c) living | (d) live |
| 11. | (a) fallen | (b) falling | (c) fell | (d) falls |
| 12. | (a) on | (b) at | (c) by | (d) of |

SPELLING

From <https://breakingnewsenglish.com/2604/260423-looksmaxxing.html>

Paragraph 1

1. a more physically tteairtacy face
2. putting erressup on bones
3. try to get a graues jaw
4. having cosmetic urgreys
5. using fillers in their kceshe
6. These things can remove nkrisewl

Paragraph 2

7. damaging their hyaspicl and mental health
8. mental health sepexrt
9. they tnstoylcna worry about their looks
10. falling into the trap of ftaiocsdtsiasni
11. low fsle-smetee
12. focus on more islubaasen ways

PUT THE TEXT BACK TOGETHER

From <https://breakingnewsenglish.com/2604/260423-looksmaxxing.html>

Number these lines in the correct order.

- (**1**) A new trend among young men is causing doctors to worry. The trend is called "looksmaxxing". Men who
- () and body. They do this through many different methods. Some of these are dangerous. One method is bone
- () doing is having cosmetic surgery and using fillers in their cheeks, under their eyes, and in their
- () experts warn that young men can develop anxiety if they constantly worry about their looks and body
- () follow it want to maximize their looks. They want to have a more physically attractive face
- () lips. These things can remove wrinkles and make men look younger.
- () Many doctors are concerned that men who follow looksmaxxing are damaging their physical and
- () mental health. Many things can go wrong with bone smashing and cosmetic surgery. Moreover, mental health
- () on more sustainable ways to generate their self-esteem".
- () shape. Anda Solea, an expert on looksmaxxing, said problems start for men when looks become the only
- () smashing. This involves putting pressure on bones in the face to make them change shape. Many men do
- () thing in their lives. Dr Stuart Murray, from the University of Southern California, warned that too many
- () this to try to get a "square" jaw. They want to look stronger by having a "power jaw". Another thing young men are
- () young men are falling "into the trap of dissatisfaction and low self-esteem". He hopes men will "focus

PUT THE WORDS IN THE RIGHT ORDER

From <https://breakingnewsenglish.com/2604/260423-looksmaxxing.html>

1. a attractive face have more They to want .
2. bones involves method on pressure putting This .
3. a by having jaw Look power stronger .
4. Another are cosmetic having is men surgery thing .
5. and look make men Remove wrinkles younger .
6. about are concerned Doctors follow looksmaxxing men who .
7. bone can go Many smashing things with wrong .
8. anxiety can develop Experts men that warn young .
9. become in lives Looks only the their thing .
10. generate More self-esteem sustainable their to ways .

CIRCLE THE CORRECT WORD (20 PAIRS)

From <https://breakingnewsenglish.com/2604/260423-looksmaxxing.html>

A new *trend / trendy* among young men is causing doctors to worry. The trend is called "looksmaxxing". Men who follow *them / it* want to maximize their *looks / looking*. They want to have a more physically attractive face and body. They do this *through / though* many different methods. Some of these are dangerous. One method is bone smashing. This *involve / involves* putting pressure on bones in the face to make them change *sharp / shape*. Many men do this to try *to / for* get a "square" jaw. They want to look stronger by having a "power jaw". Another thing young men are *done / doing* is having cosmetic surgery and using fillers in their *checks / cheeks*, under their eyes, and in their lips. These things can *remove / removal* wrinkles and make men look younger.

Many doctors are *cornered / concerned* that men who follow looksmaxxing are damaging *them / their* physical and mental health. Many things can go *long / wrong* with bone smashing and cosmetic surgery. Moreover, mental health *experts / expats* warn that young men can develop *anxiety / anxious* if they constantly worry *around / about* their looks and body shape. Anda Solea, an expert on looksmaxxing, said problems start *for / to* men when looks become the only thing in their *lives / live*. Dr Stuart Murray, from the University of Southern California, warned that too many young men are *falling / felling* "into the trap of dissatisfaction and low self-esteem". He hopes men will "focus on more sustainable *ways / way* to generate their self-esteem".

Talk about the connection between each pair of words in italics, and why the correct word is correct. Look up the definition of new words.

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

From <https://breakingnewsenglish.com/2604/260423-looksmaxxing.html>

_ n_w tr_nd _m_ng y__ng m_n _s c__s_ng d_ct_rs t_w_rry. Th_ tr_nd _s c_ll_d "l__ksm_xx_ng". M_n wh_f_ll_w _t w_nt t_ m_x_m_z_ th__r l__ks. Th_y w_nt t_h_v_ _ m_r_ phys_c_lly _ttr_ct_v_ f_c_ _nd b_dy. Th_y d_ th_s thr__gh m_ny d_ff_r_nt m_th_ds. S_m_ _f th_s_ _r_ d_ng_r__s. _n_ m_th_d _s b_n_ sm_sh_ng. Th_s _nv_lv_s p_tt_ng pr_ss_r_ _n b_n_s _n th_ f_c_t_ m_k_ th_m ch_ng_ sh_p_. M_ny m_n d_ th_s t_ try t_ g_t _ "sq__r_" j_w. Th_y w_nt t_ l__k str_ng_r by h_v_ng _ "p_w_r j_w". _n_th_r th_ng y__ng m_n _r_d__ng _s h_v_ng c_sm_t_c s_rg_ry _nd _s_ng f_ll_rs _n th__r ch__ks, _nd_r th__r _y_s, _nd _n th__r l_ps. Th_s_ th_ngs c_n r_m_v_ wr_nkl_s _nd m_k_ m_n l__k y__ng_r.

M_ny d_ct_rs _r_ c_nc_rn_d th_t m_n wh_ f_ll_w l__ksm_xx_ng _r_ d_m_g_ng th__r phys_c_l _nd m_nt_l h__lth. M_ny th_ngs c_n g_ wr_ng w_th b_n_ sm_sh_ng _nd c_sm_t_c s_rg_ry. M_r__v_r, m_nt_l h__lth _xp_rts w_rn th_t y__ng m_n c_n d_v_l_p _nx__ty _f th_y c_nst_ntly w_rry _b__t th__r l__ks _nd b_dy sh_p_. _nd_ S_l__, _n _xp_r_t _n l__ksm_xx_ng, s__d pr_bl_ms st_rt f_r m_n wh_n l__ks b_c_m_ th_ _nly th_ng _n th__r l_v_s. Dr St__rt M_rr_y, fr_m th_ _n_v_rs_ty _f S__th_rn C_l_f_rn__, w_rn_d th_t t__ m_ny y__ng m_n _r_ f_ll_ng "_nt_ th_ tr_p _f d_ss_t_sf_ct__n _nd l_w_s_lf-_st__m". H_ h_p_s m_n w_ll "f_c_s _n m_r_s_s_st__n_bl_ w_ys t_ g_n_r_t_ th__r s_lf-_st__m".

PUNCTUATE THE TEXT AND ADD CAPITALS

From <https://breakingnewsenglish.com/2604/260423-looksmaxxing.html>

a new trend among young men is causing doctors to worry the trend is called looksmaxxing men who follow it want to maximize their looks they want to have a more physically attractive face and body they do this through many different methods some of these are dangerous one method is bone smashing this involves putting pressure on bones in the face to make them change shape many men do this to try to get a square jaw they want to look stronger by having a power jaw another thing young men are doing is having cosmetic surgery and using fillers in their cheeks under their eyes and in their lips these things can remove wrinkles and make men look younger

many doctors are concerned that men who follow looksmaxxing are damaging their physical and mental health many things can go wrong with bone smashing and cosmetic surgery moreover mental health experts warn that young men can develop anxiety if they constantly worry about their looks and body shape and a solea an expert on looksmaxxing said problems start for men when looks become the only thing in their lives dr stuart murray from the university of southern california warned that too many young men are falling into the trap of dissatisfaction and low selfesteem he hopes men will focus on more sustainable ways to generate their selfesteem

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2604/260423-looksmaxxing.html>

A new trend among young men is causing doctors to worry. The trend is called "looksmaxxing". Men who follow it want to maximize their looks. They want to have a more physically attractive face and body. They do this through many different methods. Some of these are dangerous. One method is bone smashing. This involves putting pressure on bones in the face to make them change shape. Many men do this to try to get a "square" jaw. They want to look stronger by having a "power jaw". Another thing young men are doing is having cosmetic surgery and using fillers in their cheeks, under their eyes, and in their lips. These things can remove wrinkles and make men look younger. Many doctors are concerned that men who follow looksmaxxing are damaging their physical and mental health. Many things can go wrong with bone smashing and cosmetic surgery. Moreover, mental health experts warn that young men can develop anxiety if they constantly worry about their looks and body shape. Anda Solea, an expert on looksmaxxing, said problems start for men when looks become the only thing in their lives. Dr Stuart Murray, from the University of Southern California, warned that too many young men are falling "into the trap of dissatisfaction and low self-esteem". He hopes men will "focus on more sustainable ways to generate their self-esteem".

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 this news story. Share what you discover with your partner(s) in the next lesson.

3. TRENDS: Make a poster about trends. Show your work to your classmates in the next lesson. Did you all have similar things?

4. LOOKS: Write a magazine article about children having lessons about looks not being important. 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 looks. Ask him/her three questions about looking good. Give him/her three of your opinions on why looks are or are not important. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

1. f 2. a 3. d 4. b 5. g 6. e 7. c
8. m 9. h 10. i 11. l 12. k 13. n 14. j

TRUE / FALSE (p.5)

- 1 F 2 T 3 T 4 F 5 T 6 T 7 T 8 F

SYNONYM MATCH (p.5)

| | | | | |
|------|------|------|------|-------|
| 1. g | 2. e | 3. a | 4. c | 5. i |
| 6. j | 7. d | 8. b | 9. h | 10. f |

COMPREHENSION QUESTIONS (p.9)

1. Doctors
2. Their looks
3. A square jaw
4. Filler
5. Wrinkles
6. Their mental health
7. Anxiety
8. An expert on looksmaxxing
9. The trap of dissatisfaction and low self-esteem
10. Self-esteem

WORDS IN THE RIGHT ORDER (p.19)

1. They want to have a more attractive face.
2. This method involves putting pressure on bones.
3. Look stronger by having a power jaw.
4. Another thing is men are having cosmetic surgery.
5. Remove wrinkles and make men look younger.
6. Doctors are concerned about men who follow looksmaxxing.
7. Many things can go wrong with bone smashing.
8. Experts warn that young men can develop anxiety.
9. Looks become the only thing in their lives.
10. More sustainable ways to generate their self-esteem.

MULTIPLE CHOICE - QUIZ (p.10)

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

ALL OTHER EXERCISES

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