## Oxford English (Second Edition) 3B Further simplified reading and comprehension

Name: \_\_\_

\_\_\_\_\_( ) Class: \_\_\_\_\_\_

Date:

Your teacher has asked you to read a feature article about the evolution of beauty. Read the article.

## Text 1 Feature article

## The evolution of beauty

1 Since the beginning of human history, we have wrestled with what it means to be beautiful. We all seem to care too much about the way we look. We've all had moments when we felt like we're falling short of some clearly defined standard of beauty. Yet,

5 the reality is that beauty standards are fluid. What is considered beautiful at one moment is despised in another. Over the course of history, our concept of beauty has undergone a constant evolution.

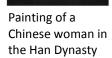


Drawing of Cleopatra,

2 The ancient Egyptians, back in the third millennium BC, prized slim waists over heavier 10 ones. In contrast, the ancient Greeks regarded heavy, broad hips as a major characteristic of beautiful women. Despite these differences, both cultures used make-up to highlight certain facial features, particularly the eyes. In

ancient Egyptian queen 15 Greek art, beautiful women often appear with dark-rimmed eyes. Similarly, in ancient Egypt, thick black eyeliner was considered beautiful for both men and women.

20 3 In the Han Dynasty, which lasted from the third century BC to the third century AD, pale skin was regarded as beautiful. This was in large part because lighter skin was associated with the upper class. The wealthier members of society were more likely to have pale skin because they were not required to labour outdoors. 25 Therefore, they had less exposure to the sun. A delicate frame was another marker of great beauty for women in this era.







Typical sculpture of an ancient Greek goddess

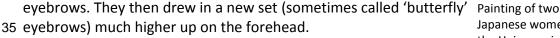


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4 Japan, meanwhile, had its own notions of beauty. In the Heian period (794–1185), one of the most sought-after features in a woman was very long, dark hair. Women liked to grow their hair all 30 the way down to their toes. If a woman had grown her hair very long, she would instantly have been recognized as a member of the upper class. In this era, women also had particular ideas about how to style their eyebrows. They often shaved off their natural





Japanese women during the Heian period



Oil painting of a woman by Italian painter Vincenzo Catena from the Renaissance era

5 In Renaissance Europe, which roughly began in 1300 and lasted until 1700, plump figures were held up as the standard of beauty. Paintings from this period depict women and goddesses as curvy, with rounded hips and stomachs. Such curves were seen as symbols 40 of fertility.

6 The ideal body type changed again in the twentieth century. During the 1920s, a period known as the Jazz Age, a boyish figure on a woman was all the rage. This was in direct contrast to the curvier

- figure favoured in earlier centuries. This 45 revolutionary period also saw women cutting their hair short and wearing short skirts to show off their legs. Throughout the century, however, beauty standards shifted many times over. By the end of
- 50 the century, beauty came to be associated with super skinny models. This has remained for several decades, but like any other notions of beauty, it will certainly prove to be fleeting.



Photo of a woman in the 1920s

- 55 **7** These days, we can fall into the trap of conforming and thinking that if we were skinnier, we would be more beautiful. We might even start thinking unhealthy thoughts, like 'If I had eaten less, I would have achieved a higher standard of beauty.' It's important to remember that beauty is in the eye of the
- 60 beholder. Rarely does one type of beauty last forever. Beauty is not a fixed concept. It is something that constantly evolves with time.

2 of 4 Unit 6

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rther simplified reading and	con	nprehension	Unit 6		
me:( ) Cla	ss:	Date:			
auty. Answer her questions using informa	ation fr	om the feature article. For mu			
Find a word in paragraph 1 that can be replaced with 'struggled'.	6	What does the expression 'all t (line 43) mean?	he rage'		
		O A very angry			
		O B very popular or fashionab	le		
i) What beauty practice did the		O C very disappointing			
ancient Egyptians and the ancient Greeks have in common?		O D very happy			
ii) What beauty standard did the ancient Egyptians and the ancient Greeks differ on?	7	figure 'was in direct contrast to curvier figure favoured in earlie	o the er		
		O A emphasis that the Jazz Ag revolutionary time	e was		
In the Han Dynasty, why was pale skin		O B show that being skinny is ultimate beauty ideal	the		
connected with the upper class?		O C point out that it's better to curvy than skinny	o be		
		O D stress that beauty standar always changing	rds are		
Which of the following was a beauty practice for women in the Heian period?	8	following statements True (T),	False (F)		
O A wearing light make-up		Statements			
O B cutting hair short		i) The 1950s are commonly			
O C shaving off eyebrows		referred to as the Jazz Age.			
O D wearing short skirts		<ul> <li>ii) Beauty standards changed many times in the twentieth century.</li> </ul>	n		
that were drawn high up on the forehead called?		<li>iii) The Jazz Age lasted twenty years.</li>			
	<ul> <li>me:() Classing information of the following was a beauty practice for women in the Heian period?</li> <li>Which of the following was a beauty practice for women in the Heian period?</li> <li>Which of the following was a beauty practice for women in the Heian period?</li> <li>A wearing light make-up</li> <li>B cutting hair short</li> <li>C shaving off eyebrows</li> <li>D wearing short skirts</li> </ul>	me:	me:		

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Fυ	Further simplified reading and comprehension				
Na	me:	( ) Class: Date:			
9	Wł	nat is the purpose of the report?			
	А	to explore beauty standards throughout history			
	В	to discuss which culture has a better beauty standard			
	С	to analyse today's beauty standards	ABCD		
	D	to compare modern and ancient eras	0000		

**10** Match the preferred body type for women (A–D) with the corresponding era on the left. Write the correct letter on the line next to the era.

	<u>Era</u>	<u>Body type</u>	
i)	Han Dynasty	 Α	boyish figure
ii)	Renaissance Europe	 В	curvy body type
iii)	Jazz Age	 С	extremely skinny figure
iv)	Late 20th century	 D	slender and delicate frame

**11** Complete the following timeline about beauty standards using words from the feature article. Use ONE word to complete each blank.

3000 BC	The ancient (i)	_ and Greeks use eyeliner as a beauty tool.		
200 BC	In the (ii) Dyna as a mark of beauty.	asty, many regard (iii) skin		
1000 AD	In the Heian period in (iv), women (v) their hair down to their toes.			
1300–1700 AD	In Europe, rounded hips and stomachs are seen as (vi) of fertility.			
1920 AD	Women (vii)t	heir hair short and wear short skirts.		

**12** Complete the sentences with words from Text 1 that are similar in meaning to the words in brackets. Make sure your answers are grammatically correct.

paragraph 1	My brother used to (i) ( <i>hate</i> ) himself for the way he looked.		
paragraph 2	In the army, honour, loyalty and sense of duty are (ii) ( <i>treasured</i> ) above everything else.		
paragraph 6	For a/an (iii) ( <i>brief</i> ) moment, she forgot about the nasty comments on her social media post and enjoyed her cup of coffee.		
paragraph 7	There is often discrimination against those who do not (iv) ( <i>fit in</i> ) to the norm.		