



# B1U4

## Extended reading





What do you think  
about me at first sight?



**Don't judge a book by  
its cover**

# Reading and thinking

**Who?**

**Who are easy to judge  
a book by its cover?**

01

02

**What?**

**What is the disadvantage of  
judging a book by its cover?**

**Why?**

**Why do people have  
negative thoughts about  
their physical appearance?**

03

04

**How?**

**How can people deal with  
these negative thoughts?**

## Para.1

**Who?**

**Who are easy to judge a book by its cover?**

“Don’t judge a book by its cover,” the old saying goes. Unfortunately, as a **teenager**, that is often exactly what you do to yourself.

**What?**

**What is the disadvantage of judging a book by its cover?**

**Dark thoughts** about your physical appearance can **hang over** you all the time like a rain cloud.



## Dark thoughts?

- ☐ Do I look fat in these jeans?
- ☐ Do others think I am too short?
- ☐ Is everyone laughing at my new hairstyle behind my back?
- ☐ ...

## Para.2-3

**Why?**

**Why do people have negative thoughts about their physical appearance?**

- ❑ Standards of beauty in the media can have a big influence on what you think of your physical appearance. (Para. 2) **Social pressure**
- ❑ **Your friends** also influence the way you view your physical appearance. (Para. 3) **Peer pressure**

**External causes (外因)**

## Deep thinking 1

# Internal causes (内因)

- ☐ Lack confidence.
- ☐ Care too much about others' opinions.
- ☐ ...



## Para.4-6

**How?**

**How can teenagers deal with these negative thoughts?**

**First of all**, be careful **not to follow popular beauty standards blindly**.

**Another** tip is to remind yourself that you are unique.

**Finally**, it is a good idea to try to **direct your attention away** from negative thoughts.

ways



- ☐ Keep in mind that you are loved just the way you are.
- ☐ Talk about your feelings with someone you trust and hear how much they value you.
- ☐ Focus on your strengths.
- ☐ Take pride in things you do well.

ways



- ☐ Do something you enjoy to help you **take your mind off** matters that worry you and make you feel good about yourself.

## Deep thinking 2

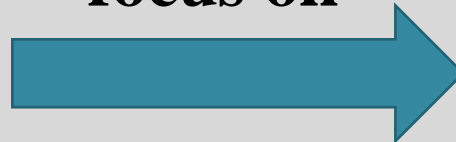
Para.7

# What's the right way of judging yourselves and others?

Don't judge a **book** by **its cover**.

Don't judge a **person** by his/her **appearance**.

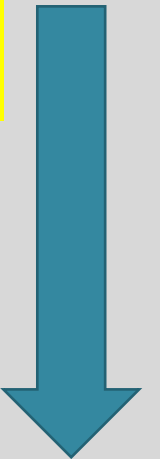
focus on



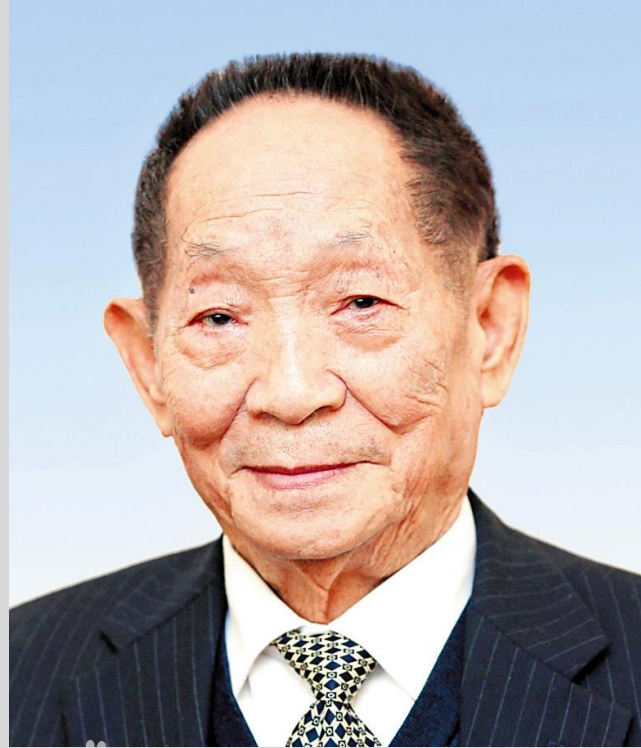
**contents**

**inner beauty**

**individuality  
value to others  
achievements**



# Examples of great people with plain appearance



**Qualities outweigh physical appearance!**

## Deep thinking 3

**As high school students, how can you enrich (使丰富) your “contents”?**

**Work hard**  
**Dream big**





Beauty is being **the best possible  
version of yourself** on the inside and out.

—Audrey Hepburn

美是从内到外做最好的自己。

——奥黛丽·赫本



# Writing

李华最近对自己的外表特别烦恼，从而影响了学习和生活。她给身为校园英文报心理专栏编辑的你写了一封求助信。请你给李华写回信。

信的内容包括：

1. 表示理解； 2. 提出建议。

注意：

1. 词数80左右。 2. 可适当增加细节，以使行文连贯。

Dear Li Hua,

I understand how frustrated you feel now. It is very common for teenagers to be troubled by their physical appearance, since they are easily influenced by the media or their friends. However, more often than not, the standards of beauty are simply impossible for most of the population to live up to.

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I hope you will find the advice above useful. Wish you all the best.

Yours,  
Amy

Dear Mary,

I understand how frustrated you feel now. It is very common for teenagers to be troubled by their physical appearance, since they are easily influenced by the media or their friends. However, more often than not, the standards of beauty are simply impossible for most of the population to live up to.

Therefore, I advise you not to follow popular beauty standards blindly. Instead, pay more attention to your inner beauty and good health. Another tip is to remind yourself that you are unique and that you are loved just the way you are. Plus, focus your attention on meaningful activities, such as reading and doing sports, which will enrich your life and make you more energetic.

I hope you will find the advice above useful. Wish you all the best.

Yours,  
Amy



# **Homework**

1. Polish and share the writing.
2. Deal with the language points in the passage.

**THANKS**



#锁骨放硬币#

数据总览

8400.7万  
阅读次数

6.5万  
讨论次数

3.5万  
原创人数



#4cm手腕#

数据总览

2462万  
阅读次数

2.8万  
讨论次数

1833  
原创人数



#iphone腿#

数据总览

117.4万  
阅读次数

746  
讨论次数

250  
原创人数



#反手摸肚脐#

数据总览

3831.8万  
阅读次数

4.9万  
讨论次数

1.4万  
原创人数



## beauty standards in the media

- ❑ out of reach for most people
- ❑ abnormal and unhealthy