UNIT 10

Clothing and Health

PART I

Theme Introduction

Task ❶ **Look at the following pictures, and try to find the appropriate words from above to match the pictures.**

corset	skinny jeans	hanger	zip
slimming	squeezing	unsurpassed	putting ... at risk

(corset)

(skinny jeans)

(zip)

Task ❷ **Fill in the missing words according to the passage about dressing styles, you can use the same words in the word box.**

Celebrities and common people alike, have been *squeezing* themselves into *slim*, tight clothing for centuries. Whether it was *corsets* in the Victorian Age or *skinny* jeans in modern times, the fashion to be thin has been *unsurpassed*. Sometimes these styles fit people well, while other times not so well. For those individuals who need to lie down on their bed or use a *hanger* to *zip* up their pants, it might be time to rethink your fashion choice. Regardless of the fact that too tight clothing just doesn't look good, wearing them might also be *putting* your health *at risk*.

✧ This part is used to let students have a rough knowledge about unhealthy clothing.

✧ Before class, students are asked to collect information about unhealthy clothing.

✧ In class, students are free to discuss unhealthy clothing in pairs.

✧ Several volunteers are asked to present their report on unhealthy clothing.

✧ Students are asked to find appropriate descriptions to match the pictures in task 1, and then finish task 2.

PART II

Listening Task

Word Bank

dysmenorrhea /ˌdɪsmenəˈrɪə/ *n.*	痛经
allergic /əˈlɜːdʒɪk/ *adj.*	过敏的
asthma /ˈæsmə/ *n.*	哮喘
therapist /ˈθerəpɪst/ *n.*	治疗专家，特定疗法技师
numbness /ˈnʌmnɪs/ *n.*	麻木
pelvis /ˈpelvɪs/ *n.*	骨盆
neurologist /njʊəˈrɒlədʒɪst/ *n.*	神经病学家
pantyhose /ˈpæntɪhəʊz/ *n.*	袜裤
aba /ˈɑːbə/ *n.*	长袍
Dazhui acupoint	大椎穴

Task ❶ **Short Conversations**

You will hear eight short conversations about clothing and health. A question will follow each conversation. Listen carefully and choose the best answer from the four possible choices.

1. M: Jean, what happened to Susan? She looked pale and upset in the acupuncture course.

   M: Oh, she always suffers from dysmenorrhea in her physiological period. Perhaps drinking some hot water could be helpful.

   Q: What might cause Susan uncomfortable in acupuncture course

according to Jean ?

A. Stomachache. B. Hot fever.

C. Dysmenorrhea. D. Acupuncture course.

2. W: Honey, this article advocates us to wear red clothes in summer. Don't you think it strange?

   M: Of course not. In the eyes of Chinese doctors, summer seems to be the best season for the health of our heart. The color of our heart is red, so red clothes are advocated.

   Q: Which of the following organs is the best to nurse in hot summer?

   A. Liver. *B. Heart.*

   C. Kidney. D. Spleen.

3. W: I took my daughter to the doctor yesterday. The doctor took a thorough check at her skin, and diagnosed she was allergic to the material of her dress.

   M: Oh, clothes containing harmful material to babies should not be produced. We Chinese doctors advise us to have a look at the ingredients when we buy new clothes.

   Q: What had happened to the woman's daughter?

   A. She fell off from a horse.

   B. She was allergic to her food.

   C. She was allergic to the material of her dress.

   D. She had a high fever.

4. M: You can't believe this — This paper says some young girls are easy to suffer from asthma if they frequently dress mini-skirts or short pants.

   W: That's true. Dressing mini-skirts or short pants could expose some of human body's important acupoints in the air, which could lead to their asthma.

   Q: Why wearing mini-skirts or short pants could lead to asthma?

   A. Because these clothes are not comfortable.

   B. Because wearing these clothes would expose some human body's

acupoints in the air.

C. Because these girls want to show their hot figure.

D. Because dressing mini-skirts or short pants could catch cold.

5. W: My grandma is very fashionable. She looks very young with some fit clothes.

M: Fit clothes? I would say she always wears some tight clothes, and tight clothes are not healthy to us, let alone elder people.

Q: What does the man think of tight clothes to elderly people?

A. Fit. B. Healthy.

C. Unhealthy. D. Fashionable.

6. M: Excuse me, could you recommend some summer clothes for my wife? She has been pregnant for two months.

W: What about the pink dress? It contains 100 percent of cotton, and feels soft and comfortable. Besides, it is specially designed for pregnant women with the function of radiation protection.

Q: What kind of person is the dress designed for?

A. Pregnant woman. B. Office lady.

C. Young girl. D. Skinny girl.

7. W: My ankle is still recovering since I twisted it last week.

M: You should not wear the high-heeled shoes since no one could be stable safely all day with a pair of 7-inch-heeled shoes on, except those well-trained models on T stage.

Q: Who can stand stably with a pair of 7-inch-heeled shoes on?

A. No one. *B. Well-trained models.*

C. The woman. D. The man.

8. W: Oh, darling, you look a little overweight recently, how about practicing Taichi exercises with me?

M: I'd love to, but first I must go and buy some comfortable sports wear, so I could stretch myself freely when I play Taichi.

Q: What does the man want before he works out with the woman?

A. Taichi book. B. A coach.

C. Sports wear. D. Sports shoes.

Task ❷ **Interview**

You will hear an interview. Five questions will be asked following this interview. Listen carefully and choose the best answer from the four possible choices.

Hostess: Lisa, when did you notice your foot problem?

Lisa: I first noticed the numbness in my leg on a trip to Israel last December. You know, from the knee to the pelvis, it was numb to the point of being painful.

Hostess: Then you seek some treatment?

Lisa: Yeah, I was so frightened and went to see a neurologist. He had my balance on my toes, walked backward on my heels and pushed back when he put pressure on my legs.

Hostess: Did the doctor find the reasons for your numbness?

Lisa: Surely. He checked my legs thoroughly, diagnosed that it was caused by my unhealthy dressing habits.

Hostess: Really, how could that be?

Lisa: Well, I love to wear tight belts, and control-top pantyhose, just like many ladies. They can compress a major nerve that runs from the abdomen to the outer thigh.

Hostess: That's too bad. Diseases accompany with our unhealthy dressing habits. Maybe we women should tend to keep healthy when we wear tight belts or pantyhose.

Questions:

1: When did Lisa first notice her problem?

A. On a trip to Israel last December.

B. On a trip to Israel last November.

C. On a trip to Pakistan last December.

D. On a trip to Pakistan last November.

2: What's wrong with Lisa's legs?

A. Her legs were broken.

B. Her legs were numb.

C. She was paralyzed.

D. Her legs was twisted.

3: What is the reason causing Lisa's problem according to the neurologist?

A. Lisa's high-heeled shoes.

B. Lisa's unhealthy dressing habit.

C. Lisa's unhealthy living habit.

D. Lisa was always on the errands.

4: What does Lisa like to wear?

A. Tight belts and pantyhose. B. Loose belts and pantyhose.

C. Casual clothes. D. Skinny jeans and skirts.

5: What does the hostess suggest?

A. Women should wear tight belts and pantyhose.

B. Women should keep allergic to tight belts and pantyhose.

C. Diseases accompany with our unhealthy dressing habits.

D. women should not be aware of those unhealthy dressing habits.

PART III

Speaking Task

Teaching steps

1. Ask students to think about what appropriate clothes to take with when climbing mountains or hiking..
2. Play the model dialogue to the students one time, and ask several students to repeat the model dialogue. It is helpful for training the students' ability to understand the important details of the listening text by this way.
3. Arrange the students in pairs and ask them to discuss the topic and do the role-play activities in the part of Oral Activity.

4. Go around the classroom to supervise the students' discussion. If necessary, give help to the students, especially the weaker ones.
5. Select several pairs to present their conversations in class.

Language Focus

1. Congratulations on your winning the first prize in the fashion-design competition.
2. The dressy dress/low-cut evening gown you designed really caught my eyes.
3. I like this tank top. It goes with my baggy jeans/ straight jeans/ boot cut jeans.
4. I just want to buy some off-the-rack clothes/ customer-made tuxedo.
5. This course not only helps us dress properly, but also offers healthy information on choosing clothes.
6. In ancient time people chose conservative clothes, but nowadays people could have more choice on the design, material, and style of their clothes.
7. I can't afford a down jacket, but maybe a cotton jacket is also ok.
8. The arctic north is so cold that we have to take winter clothes, scarves, gloves with us.
9. Thermal underwear can keep us warm in cold weather, but always make our skin very dry.
10. Generally, doctors of Chinese medicine always advocate comfortable clothes, especially for children and senior citizens.

Oral Activity:

※ After listening to the model dialogue, the students are required to imitate the dialogue and organize their own conversations. Students can take sentences in the language focus part as reference.

※ Ask all the students to find out their own partners, work in pairs.

※ Ask the students to Role Play the dialogue. Work with a partner. Make up conversations based on the following situations.

Work with a partner. One of you will take the part of A, and the other B. Make up short conversations based on the following situations, using appropriate expressions for talking about clothing and healthy. You may imitate the following model dialogues.

◆ A and B are colleagues. A won the first prize in a fashion-design competition.

◆ A and B are roommates. They are consulting whether they would like to take an optional course on clothing and health.

◆ A and B are teacher and student. A tries to recommend some traditional clothing knowledge of Chinese people.

◆ A and B are couples. They are arguing what clothes to take in a trip to the Arctic North.

※ Assign them to organize their conversations, and select at least two pairs to present their conversations in class.

Model Dialogues

A: Hey, I heard you just came back from a holiday. How's your holiday?

B: Err, the holiday is good, but I did not take comfortable clothes and shoes with me when I went climbing there.

A: How come?

B: Well, I wore high-heeled shoes and tight skirt while climbing mountains, so I did not feel good during the whole climbing.

A: Tight skirt and high-heeled shoes do make you look good outside, but they are not comfortable and healthy when you take part in outdoor activities.

B: Yeah, next time I would consider about casualty and health first when choosing clothes.

PART IV
Leisure Time

Focal Point

How to dress appropriately during the exchanging of seasons?

Students are asked this question before they watch the video. After they finish the video, they are going to conclude tips of dressing warmly in early spring and the reasons of doing so.

At the beginning of the Spring, temperature rises and nature wakes. The Spring belongs to Wood in the Five Elements, corresponding to liver in the five internal organs. Watch the video clip about healthy dressing tips in the Spring, and try to find the main idea of it.

Script:

Expert: Early spring features changeable weather. As winter passes into spring, the temperature is increasing and the wind doesn't feel chilly anymore, but we'd better not open our sweat pores too early because of late spring coldness. If we are too confident about the early spring weather to wear thin clothes, our life and energy which arise from the early spring might be killed, which would possibly lead to the damage to our health physically and mentally. Let alone those people who haven't stored enough essence. If they disperse too early in spring, they are more liable to knacker themselves. We Chinese Medicine share that febrile diseases arises in spring absolutely if one doesn't store essence. In other words, one, if he has not stored enough essence in winter along with taking off his warm clothes too early in spring, might suffer from a kind of epidemic febrile disease featuring fever, bleeding and spontaneous

sweating.

Narrator: You can't strip off the warm clothes too fast in spring.

What should be cautious in our clothing?

How can we prevent ourselves from coldness and allergic symptoms to pollen?

Expert: I have noticed in spring some people wear tight clothes to exhibit slim figure, which seems to be reasonable in winter while not reasonable in spring. Spring season, characterized with stretching, opening and draining, determines that we should exhibit our free-spirit physically and mentally. In fact, wearing too tight clothes not only obstructs the flowing of our qi and blood, but also abuses and restrains ourselves inwardly. Those who are in favor of tights tends to be irritable, depressive, even generate into some diseases as gland hyperplasia or ovarian cyst, which always derives from their depressed emotions. So I advocate that we'd better not strip off our warm clothes too early in spring.

PART V

Additional Task

Task ❶ **Oral Practice**

What's your favorite season? Talking about the local weather and healthy dressing with your partner based on the chart below.

Season	Weather	Healthy dressing
Spring		
Summer		
Fall		
Winter		

Key Words

breezy	damp showers		muggy	humid	scorching hot	
cool	chilly	lightning	overcast	rainy	flurries	blizzard
freezing						

Old Sayings

Spring covers and autumn freezes.

You can't strip off the warm clothes too fast in spring and when autumn comes, do not wear too much clothes immediately.

Task ❷ Listening practice

Listen to a passage and fill in the blanks while listening.

Nowadays the *illustration* of beauty has changed a lot, especially in our clothing. More and more modern women choose to dress less to show their skinny and sexy *figure*, while hundreds of years ago our ancient people tended to dress very *elegantly* to expose their beauty.

Actually, the *traditional* Chinese clothes for ancient people not only could show ancient people's elegancy, but also *exemplify* healthy ingredients. One of the features of traditional Chinese clothes is keeping warm. Traditional abas can cover our feet, our back, especially our neck. Doctor Kim, an *expert* on traditional Chinese Medicine, *emphasizes* that some important acupuncture points lie in our back, such as acupoint Dazhui. When our acupoint Dazhui is *exposed* in the air for a certain time, we are most likely to catch a cold or flu.

Another feature of traditional Chinese clothes is being *loose* and comfortable. Differently from dressing tight clothes today, ancient people tended to wear loose and comfortable clothes or abas. Doctor Kim says, loose and comfortable clothes can stretch our *meridian* and to keep diseases away.