Elementary Grade **6th Grade**

Teacher: _____ **Section:** _____ **Number:** _____ **Grade:** _____

Date: _____ **Class:** _____

Teacher: _____

I – Comprehension

Read the text carefully:

When teens become obsessed with body image

Many teens worry about the way their body looks. "Am I pretty enough? Do my arms look weird? Might I look better if I lose a few pounds, add a few inches to my biceps or grow two inches taller?"

Lots of teens are not satisfied with the way their body looks. TV programmers, films, advertisements, magazines show teens (almost perfect) men and women that become their role models. This is one of the main reasons why they don't like what they see when they look in the mirror. They compare themselves to these unrealistic famous people like actors, celebrities and models and they begin to develop low self-esteem.

The obsession with body image leads teens to crash diets and then either develop eating disorders (Although girls are more prone to eating disorders, some boys must diagnosed with them). Health agencies are reporting that body image issues are becoming more and more of a problem. On the other hand, this is because boys are increasingly concerned on their appearance. On the other hand they often resorts harm to certain weight for playing a sport or doing gymnastics.

Take Tony, for example. He didn't like his image in the mirror, another student in his class called him fat. Tony is also thinking that this would increasing. Therefore he begins exercise more and more. This more weight he lost the more obsessed he became. Tony he constantly checks himself, exercises and becomes extremely ill.

Overcoming and losing that second the weight is difficult. It is an difficult task, demanding self-confidence and they get that by having a positive attitude and a healthy lifestyle – they need balance a healthy diet another right exercise. Obviously, teens should accept themselves the way they are.