

The background of the slide is a microscopic image of cells, showing a network of thin, dark lines representing cell membranes and thicker, lighter lines representing cell walls or internal structures. The cells are irregular in shape and size, creating a complex, organic pattern. The overall color palette is a range of blues, from light sky blue to deep navy blue.

My body, my rules

J. Smolders

1

Video:

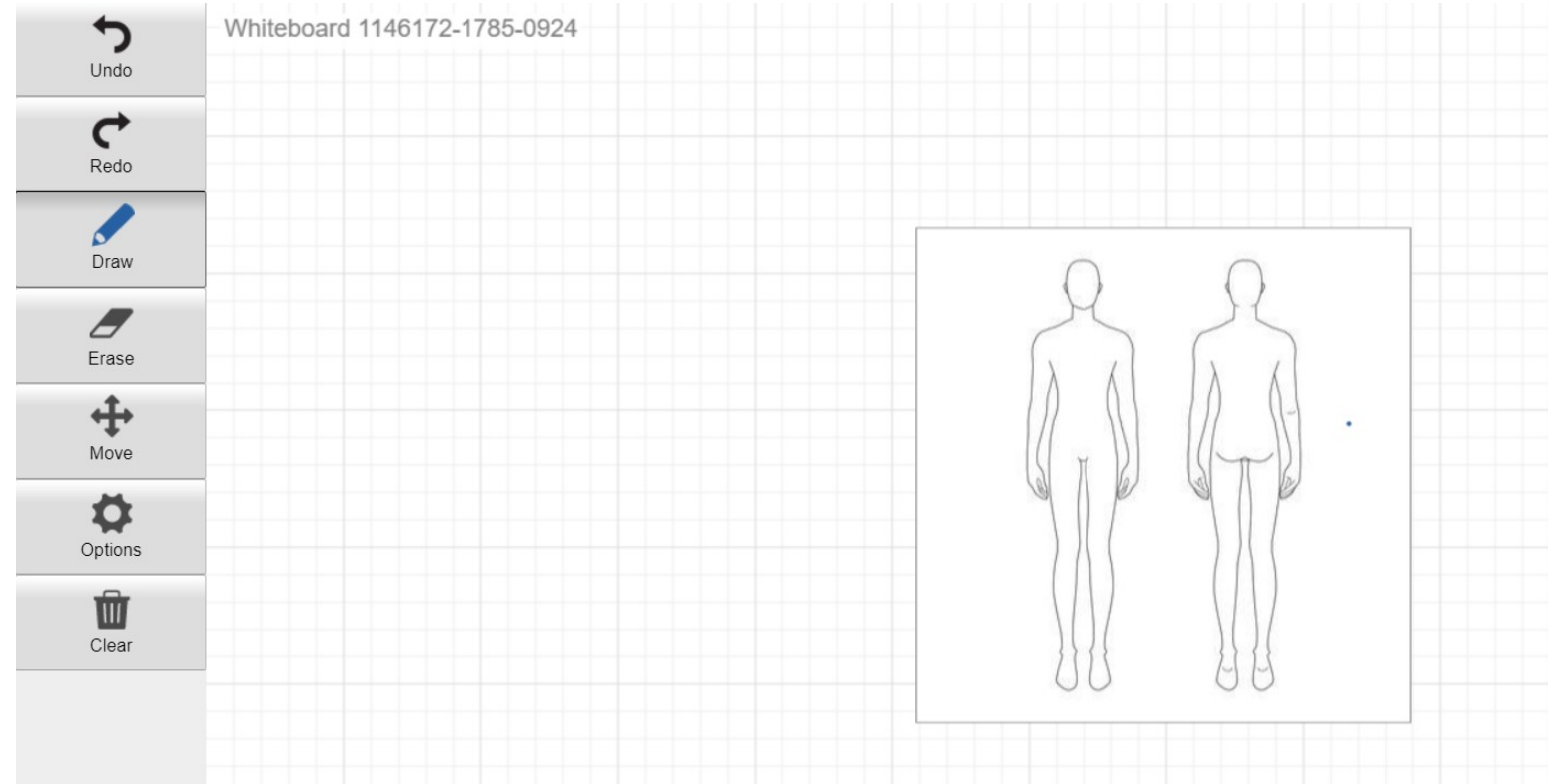
<https://www.youtube.com/watch?v=ZSUtRnwFLs>



2

Where does it
hurt most?

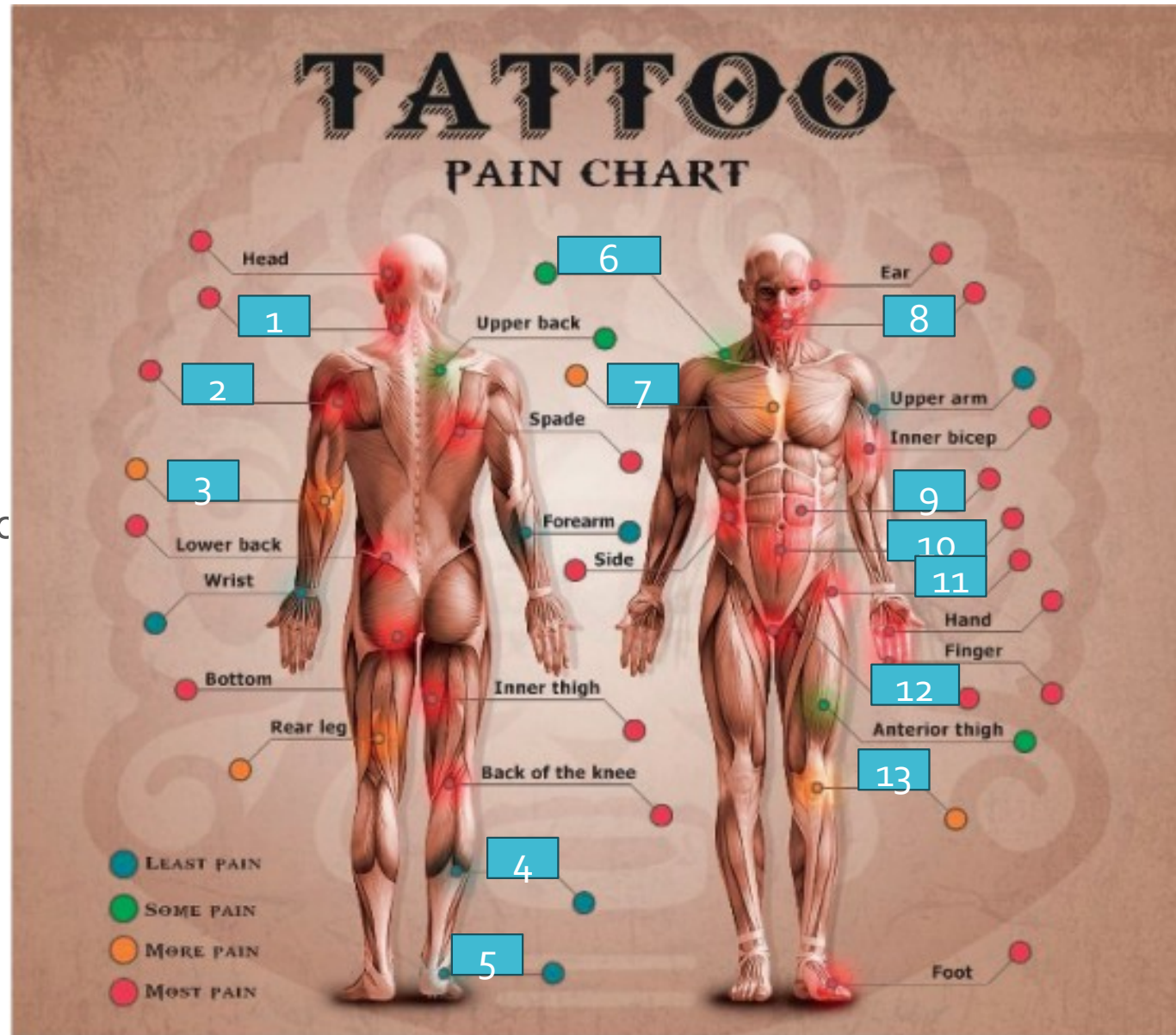
[https://r1.whiteboardfox.com/
1146172-1785-0924](https://r1.whiteboardfox.com/1146172-1785-0924)



2

Where does it hurt most?

Mc



3 Skincare tips

- 5 min. Reading
- 5 min Questions (per two)

Finished?
Answer G

Modifiez le

3.2 You now know it is important to take good care of your skin. But how do you do this? You find an article with skincare tips. Read it and answer the questions.

Essential Skincare Tips

For Teenagers

Your teenage years are like a rollercoaster ride.

Balancing your studies and social life, your new-found freedom, dates and gushing* hormones... And then comes another problem – skincare. Here are ten tips to help you keep your skin in shape!

1 Wash your face

That's the first thing you should do when you wake up in the morning. Why? Because you must clear your skin of oil and sweat that have accumulated* on it through the night. Do not use soap; use a mild cleanser*. You shouldn't rub aggressively as it can irritate the skin.

2 Moisturise*

Yes. Even the most problematic skin needs to be moisturised. Pick a light skin cream that's suitable for your skin and addresses your skin issues (like acne or spots).

3 Don't try to be Dr Pimple Popper!

It's tempting. It's irresistible. And it's so satisfying! But no. You shouldn't pop your pimples unless you want to scar your face for the rest of your life. You are not supposed to put toothpaste on pimples either because it can cause your skin to itch* or even get infected.

4 You must drink water (plenty of it!)

Because water will keep your skin hydrated. Start your day with a cold (or warm) glass of water. You have to drink throughout the day, so keep a water bottle with you when you go to school and take a sip from time to time.

5 Keep your hands off your face

You're supposed to keep your hands away from your face, as well as anything else that's not clean and can transfer bacteria to your face. That's why it's so important to wash your hands after going to the toilet! Also, make sure you are using clean and dry towels.

6 Check your diet

Acne and pimples are more hormone-related and less food-related issues. But your skin needs vital nutrients to stay healthy so you had better stick to a healthy diet. Also, you should keep track of* what you eat to identify if you have an intolerance to any food. Specific food items can cause severe acne breakouts. I would also do an allergy test if I were you.

7 Exfoliate* once a week

I advise you not to use a store-bought scrub*. Instead, use a homemade scrub. This helps to remove the dead skin cells and makes your skin soft. You must do this weekly for the best results.

8 Don't forget your hands

Let's not forget the hands. Buy a good hand cream and massage it on your hands every morning. You don't have to use too much of the product, as it will make your hands slippery.

9 Have a proper night-time skincare routine

You only have to cleanse* your face and apply moisturiser* before you hit the sack*. You don't need to do anything else, your skin can do the rest on its own.

10 Remember to apply sunblock*

You are never too young to start using a sunblock. Before you leave for school, you should apply a sunblock or sunscreen (at least SPF 30 and higher).

Since your skin is young, you needn't put too much on it. I advise you to keep your routine simple and follow a healthy lifestyle and diet. That's all you need to maintain a healthy skin! So, say goodbye to those filters and flaunt* your naturally beautiful skin whenever you can!

Glossary

gushing: een overdaad aan
to accumulate: zich opstapelen
a cleanser: een reinigingsmiddel
to moisturise: hydrateren
to itch: jeuken
to keep track of: bijhouden
to exfoliate: dode huid verwijderen
a scrub: een ruwe gel die dode huid verwijdt
to cleanse: reinigen
a moisturiser: een hydraterende crème
to hit the sack: gaan slapen
a sunblock: een zonnecrème
to flaunt: pronken



3

Skincare tips: answers

Modifiez les styles du texte du
masque

- a It is good to wash your face, but which two things should you avoid?
You shouldn't use soap and you shouldn't rub your skin aggressively.
- b What does the verb *should* express in question a?
☒ advice ☐ instructions on how to do something (obligation)
☐ something you expect ☐ something you are not allowed to do
- c Which advice does the text give about pimples?
You shouldn't pop them.
- d Why must you drink a lot of water?
Because this will keep your skin hydrated.
- e What does the verb *must* express in question d?
☒ instructions on how to do something (obligation) ☐ advice
☐ something you are not allowed to do ☐ something you expect
- f What are you obligated to do after going to the toilet?
You must wash your hands.
- g Find one more piece of advice and one other obligation in the text.
- advice: You should wash your face in the morning.
You shouldn't rub aggressively.
You should keep track of what you eat.
You should apply a sunblock or sunscreen.
- obligation: You must clear your skin of oil and sweat.
You must do this weekly to get the best results.

4

Modal verbs and expressions

3.3 Complete the grammar grid with examples from the text.

GRAMMAR

modal auxiliary verbs and expressions (1)

form

Modal auxiliary verbs are verbs like *can*, *will*, *must* and *should*. They **do not take -s** in the **third person singular** in the present tense. They **do not use 'to do'** in **questions** and **negative statements**. They are followed by an **infinitive without to**.

modal verbs

form: affirmative

obligation

must

You **must** drink water.

should

You **should** apply a sunblock.

advice

should

You **should** keep track of what you eat.

would ... if were you



4 Modal verbs and expressions

Modifiez l

form: negative
negative advice

should not / shouldn't

would not / wouldn't I wouldn't put too much make-up on my face, if I were you.

... if I were you

good to know
You **needn't** put too much stuff on your face.
You can also use **need not / needn't** to express **no-obligation**. The short form is often used.

modal expressions
form: affirmative
obligation

imperative Wash your face.

have to

need to

to be supposed to

to be obligated to You are obligated to drink water.

advice
I advise you to

form: negative
no-obligation

do not have to

do not need to You don't need to do anything else.

negative advice
I advise you not to

to be not supposed to

good to know
You'd better stick to a healthy diet plan.
You **had better not** pop your pimples.
You can also use **had better (not)** to express **(negative) advice**. The short form is often used.

use
You **must** scrub your skin weekly for the best results.
You **don't need** to do anything else.
The first thing you **should** do when you wake up is wash your face.
You **shouldn't** rub aggressively.

We use these modal verbs and expressions to give an **order** or an **instruction** that someone has to follow, to say that it is **not necessary** to do something or to give **(negative) advice**.

5 Unusual skincare tips

- Invent 3 weird skincare tips
- Use modals!
- 5 minutes brainstorm
- 5 minutes sharing is caring

Modifi

