

**UOW College Hong Kong / Community College of City University**  
**Student English Enhancement Unit (SEE U)**  
**Daily English Practice**

Week 11

## **#201 Food for Beauty**

**Skills/ Objectives: Reading, Listening and Writing Skills**

### **PART 1: Before you read...**

#### **Preparatory questions**

- Do you know how to eat to make yourself look beautiful?
- Do you know what food can improve your skin?

#### **Vocabulary**

- Psoriasis (n): a disease in which areas of skin turn red and are covered with small dry pieces of skin
- accolade (n): praise and approval
- brim (n): the bottom part of a hat that sticks out all around the head
- microbiome (n): the microorganisms that exist in a particular environment or in the human body:
- scavenge (v): to look for food from rubbish
- sauerkraut (n): cabbage that has been cut into pieces and preserved in salt
- miso (n): a thick substance made from soya beans and salt, used in Japanese cooking
- quell (v): to force something to stop
- flare up (v): to start and become influential
- rosacea (n): a skin disease in which the face becomes pink or red and small red spots containing pus (= a thick liquid) may develop
- Perky (adj): happy and full of energy

### **PART 2: Article for Reading**

Now read the article posted at the following web-site to learn more about the topic:

<http://www.eatingwell.com/article/84789/anti-aging-foods-for-your-skin/>

*12 Anti-Aging Foods to Make Your Skin Look Years Younger*

### **PART 3: Listening Comprehension**

Listen to the following video posted on YouTube to practise your listening skills and learn more about the topic:

Foods Rich in Collagen

<https://www.youtube.com/watch?v=FzWu7IJ3up0>

### **PART 4: Writing Practice**

Did you ever wonder what the following means in the article?

*When it comes to beautiful skin, we often lean heavily on what we can put on—or in (hello, injectables)—our skin, like face and eye creams or sunscreen.*

The word “lean” means to slope in one direction, or to move the top part of the body in a particular direction. Therefore, you can lean on a wall or lean against a tree at the park when taking photos. Taking this comparison, the author described in an interesting way the way we “rely” on something as a tool for achieving a purpose. As in several other examples in the previous exercises, use of comparisons in description like this adds much vividness to the writing.

Can you think of a similar way to use the phrasal verb “lean on”? **Send your writing to:** [see.u@cccu.edu.hk](mailto:see.u@cccu.edu.hk). Remember! Our SEE U teachers are always ready to give you feedback.