



I HATE MY BODY

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PDF 5 – Extra Practice / Homework

1. Vocabulary Practice

Complete the sentences with:

compare • anxious • skip • body image • highlight reel

- Social media is just a _____ of people's lives.
- I often _____ myself to influencers.
- She feels very _____ before posting photos.
- Some teenagers _____ meals to look thinner.
- It's important to have a healthy _____.

2. Grammar – Giving Advice

Rewrite using should / shouldn't / It's better to...

- Take a break from social media. _____
- Don't compare yourself to others. _____
- Be kind to your body. _____
- Do exercise because it feels good. _____

3. Error Correction

Find and correct the mistakes in these sentences:

- Sophia feel very anxious when she posts photos.

- I don't like compare myself with other girls on Instagram.

- It's better take a break from social media.

- My friends says I look fine, but I don't believe them.

- She skip meals because she want to be thinner.

Homework (Choose one)

- Send your Dear AI letter to Grok/ChatGPT and bring the reply.
- Write a funny letter to your own body as if it's your best friend.
- Prepare: "One thing I like about my body and why."