

LEVEL
Intermediate

NUMBER
B1 3061X EN

LANGUAGE
English

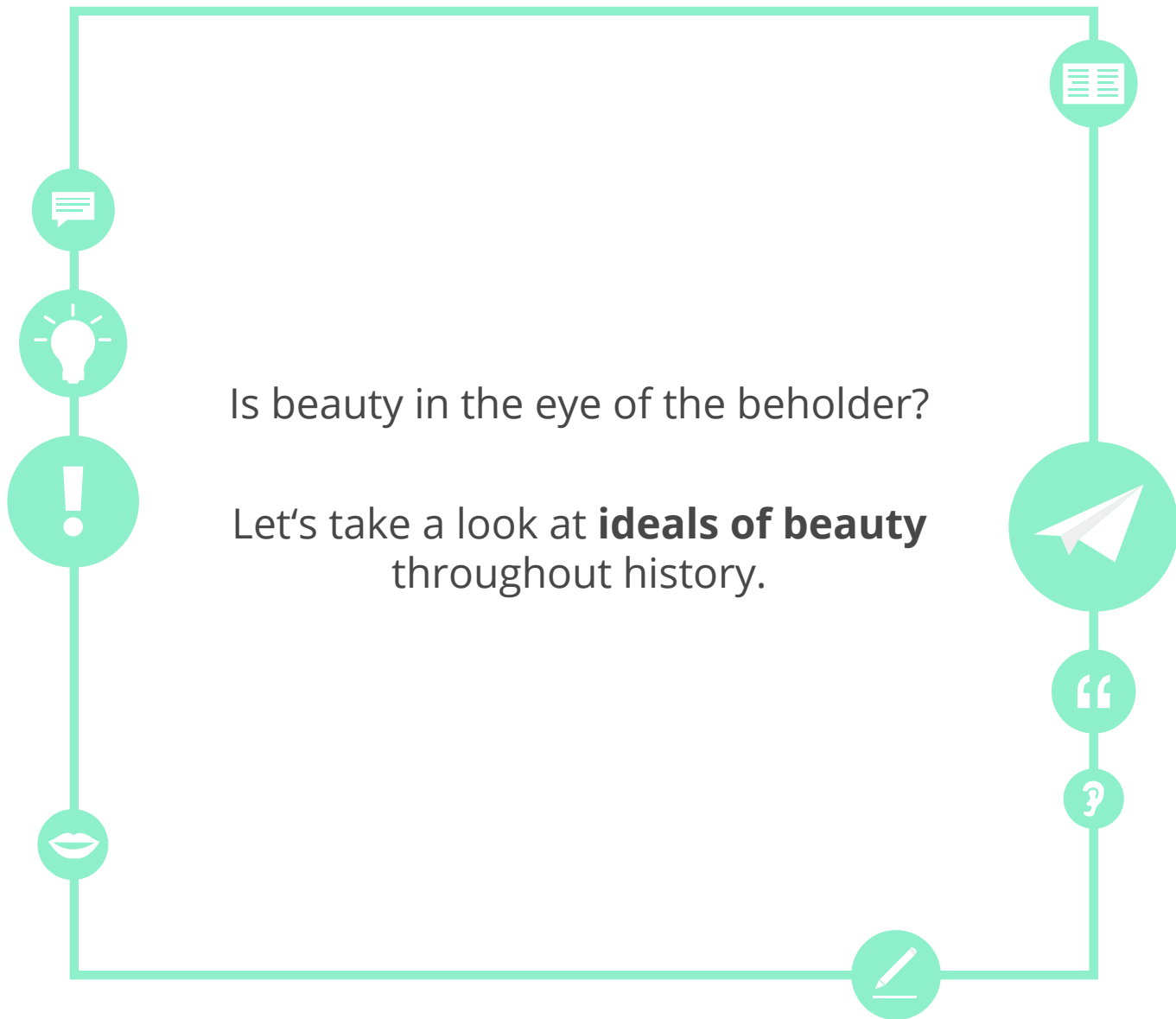




Goals

- Can express my opinion and justify it with straightforward arguments.
- Can make straightforward comparisons between different male and female ideals.







Preview and warm-up

- In this lesson, we are going to learn about different ideals of beauty and practise expressing our opinions about them.



Beauty is health, pure and simple.

ideal

An **ideal** is what is **considered perfect** with respect to any given thing. An **ideal standard** is what everything else is measured against. Ideals are usually **difficult to achieve** for the normal person and that is why we refer to them as **ideals**.



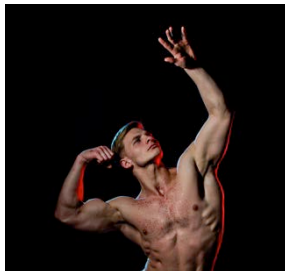
One **ideal** of beauty was having unearthly pale skin, which represented wealth and purity.

beauty standard

A **beauty standard** is an **ideal of beauty** which a person is **measured against**. We refer to it as a standard because it suggests that people should **aim to reach it**.



The contemporary **beauty standard** for women is very much linked with a low body weight.



The **beauty standard** for men is changing, but strength and well-toned muscles are usually part of it.

platonic beauty

Platonic beauty comes from the philosophical ideas developed by the **Greek philosopher Plato**. Used as an adjective, **platonic** means that something is **non-sexual**. For this reason, **platonic beauty** refers to an **ideal, non-sexual, form of beauty**. More often you will hear people refer to **platonic love**, meaning **non-sexual love**.



The statues are so perfect; they represent a kind of **platonic ideal** of the body.

natural beauty

Natural beauty, on the other hand, is beauty that is **internal**. It is used to **refer** to people who are **beautiful without special clothes, make-up, or other cultural additions**, which are used to make something or someone appear more beautiful.



She's a real **natural beauty**; she doesn't need filters to make her look more attractive.

muse

nude

A **muse** is a source of **inspiration** for **artistic activity**. The artist **draws their creativity** and **energy from the muse**.

Nude as a noun refers to **someone** who is **wearing no clothes**. It can also be used as an adjective (nudist). Throughout Western art history, **muses posed nude** for the visual artist.



He married his **muse** and then shortly afterwards stopped painting.



He's sunbathing in the **nude** at the **nudist** beach.



Words of beauty

laughter lines

His **laughter lines** show just how much he loves life and shares it with others.

expression wrinkles

She is 90 years old and has so many **expression wrinkles**; she has lived her life to the full.

perfume

I tried this new **perfume** yesterday and it smelt like cinnamon mixed with vanilla.

nymph

The children's picture book told the imaginary story of a beautiful forest-dwelling spirit called a **nymph**, who had long beautiful hair and a fairy dress.



Words of beauty



That man looks like he has been smiling his entire life by the look of his **wrinkles**.

She has a **natural beauty** about her: affectionate, kind, free, and just a bit rebellious.



I will always remember my mother by the **perfume** she wore.

My children are always saying they've seen the **nymph** of the forest.





Words of beauty



He was her **muse** right up until the day she died.

I love painting **nudes** because I can accurately see all the angles of the body.



They say their relationship is **platonic**, but they are so affectionate towards one another.

Beauty standards are forever changing, so I don't bother paying any attention to them.





Which labels go where and why? Discuss your answers.

A



B



C



D



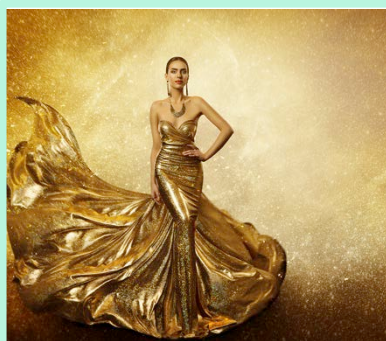
1. Natural beauty
2. Platonic beauty
3. Beauty standard
4. Muse



Ideals of beauty and the body

**Describe these photos. What ideals of beauty are they promoting?
Which ones do you find the most beautiful and why?**

This is an
unrealistic
ideal...



Everyone is
beautiful in
some way...



I like natural
beauty...



I am attracted to
bold and
expressive
people. And I
love wrinkles...





Times are changing

Describe this photo to your teacher and classmates.
What ideals of female beauty does it represent?



Beauty is within.

Just have fun!

identifying different features of ideals of beauty

Using the vocabulary we have learnt, we will now take a look at the **key features** of these ideals so that we can **express our opinion** about them using a wide range of descriptive vocabulary.



This **ideal of beauty** values symmetry, which is evident in the composition of the print.



This **ideal of beauty** is influenced by the idea of **natural beauty**.



Vocabulary of contemporary beauty standards.
Can you think of anymore?

well-proportioned

big lips

medium
height

unnatural

toned

v-

slim

shaped

tanned

muscular

flawless skin



Descriptive words. Describe your ideal self with these or other words.

macho

glamorous stylish

casual expressive

natural cute

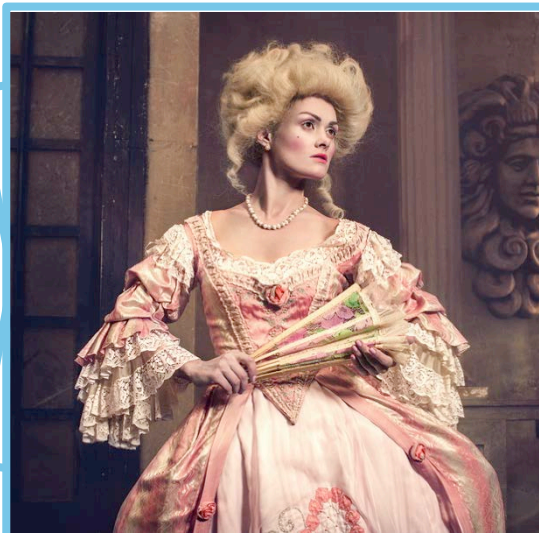
sexy sporty

down-to-earth



Ideals of female and male beauty

Is there any difference between ideals of male and female beauty? Have these changed over time? Describe these pictures using your new vocabulary and discuss with your teacher and classmates.



ideals of the female body



ideals of the male body

Ancient Greece

Ancient Greece refers to a **period** in **Greek history** between the **13th** and **9th centuries BC**. Much of Western culture is still influenced by the philosophies and artworks developed during this period.



I did a course on **Ancient Greek** philosophy at university and found it surprisingly entertaining!

Classical Age

Renaissance

The **Renaissance** was an **influential period** in **Western culture**. The Renaissance was the period of time between the Middle Ages and the Modern period. Renaissance thinkers and artists were inspired by Classical antiquity (**the Classical Age**).



The **Renaissance** was a celebration of humanism through the rediscovery of classical antiquity.

breathtaking

extraordinary

Breathtaking is used to describe events or things that **take your breath away**. For this reason, it is most commonly used to **describe scenery**, such as mountains and valleys and artistic performances.

By contrast, we use **extraordinary** as a **synonym** for **great**. It can also be used to describe someone who is somehow **better than the rest**.



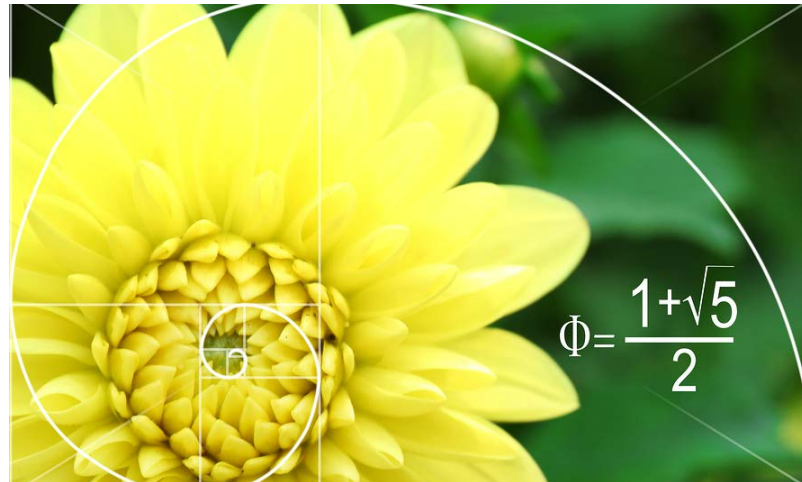
The view from the mountains took my breath away; it was **breathtaking**.



That was an **extraordinary** concert and the audience clapped for a long time.

golden ratio

Taken from mathematics, the **golden ratio** is a ratio between the sides of a rectangle. This ratio occurs naturally in nature and is used a lot in design. The golden ratio is also found in **works of art** such as the **Mona Lisa** and in buildings such as the **Parthenon** and the **pyramids of Egypt**. Some studies show that the **golden ratio** is **naturally liked by the human gaze**.



Is the **golden ratio** obvious in Da Vinci's most famous painting, the Mona Lisa?



Ideals of beauty



I visited Greece last summer and learnt all about the **Classical age**.

My favourite art movement to study is the **Renaissance** because of its humanistic spirit.



So much of what we see in nature doesn't follow the **golden ratio**, so we shouldn't be obsessed with it in design.

The final movement in the score is just **breathtaking**.





Words of beauty

corset

In the old days all women had to wear **corsets** and I don't know how they managed to breathe because they were always tied up so tight.

symmetry

The picture has **symmetry** because each side is of equal size and the two sides are a mirror of one another.

make-up

The model was **wearing** so much **make-up**, I couldn't see her face.

carmine

The roses were **carmine**; deep red and almost purple.



Words of beauty



The woman's **corset** was so tight, it made her look like an hour glass.

Her face is completely **symmetrical**. I love it.



As a child, I loved playing with my mother's **make-up**.

She blushed **carmine**, when he gave her the flowers.





Using words of beauty

Choose at least 3 words from this selection and write a sentence describing it without using the word. Your teacher and classmates have to guess which word you are describing in your sentence. Take turns until all of the words have been described. Think of synonyms for each word or an example to help build your sentences.





Discussing a painting

Based on what you know about the history of art, what do you think about these paintings. Discuss these questions with your classmates.



1

Which period do you think these paintings are from?

2

What ideals of beauty are they representing? Have they used the golden ratio?

3

What do you like and dislike about them? Take it in turns to describe them.





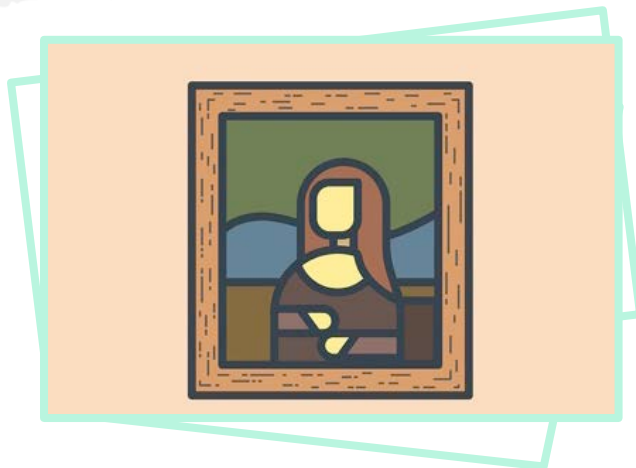
Selling beauty

You are an art collector and you want to sell this painting. Write a painting description. Include a description of its time period, the contents of the painting, and of the ideals that it represents. Afterwards, read your description to your teacher or classmates.

Are they similar?

Classical
Renaissance
Contemporary

abstract
natural beauty
symmetrical



A blank sheet of lined paper with a blue vertical margin line on the left and horizontal ruling lines for writing.



Some useful phrases of agreement and disagreement when discussing beauty standards. Can you think of anymore?

I think that...
In my opinion...

The way I see it...

As far as I am
concerned...

That's so true...

That's exactly how I
feel.

I have to side with
[name of person] on
this one.

I'm not sure about
that...

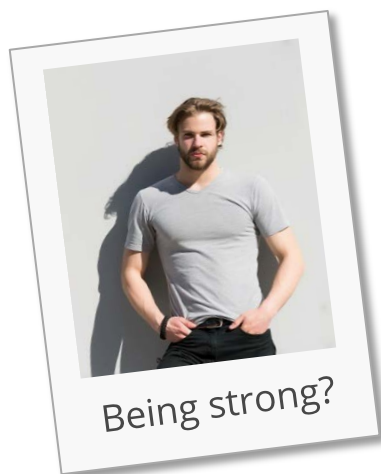
That's not always the
case...

I'm afraid I don't agree
with that...



The biggest question

**What makes
something
beautiful?**



What is beauty?



A final question

**Has this lesson
changed your
perception of beauty?**

natural beauty

platonic beauty

beauty in art
and music

beauty is
balance and
proportion

beauty is all
around us



Game

- Choose one of the pictures below and describe why you think it is beautiful.
- Your teacher or classmates have to guess which one you are describing.

This picture represents
Platonic beauty.



This woman is
naturally beautiful.



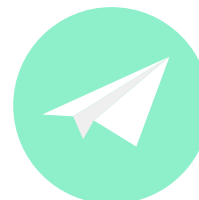


Reflect on the goals

Go back to the second slide of the lesson and check if you have achieved all the goals of the lesson.

yes

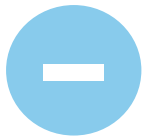
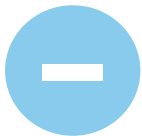
no



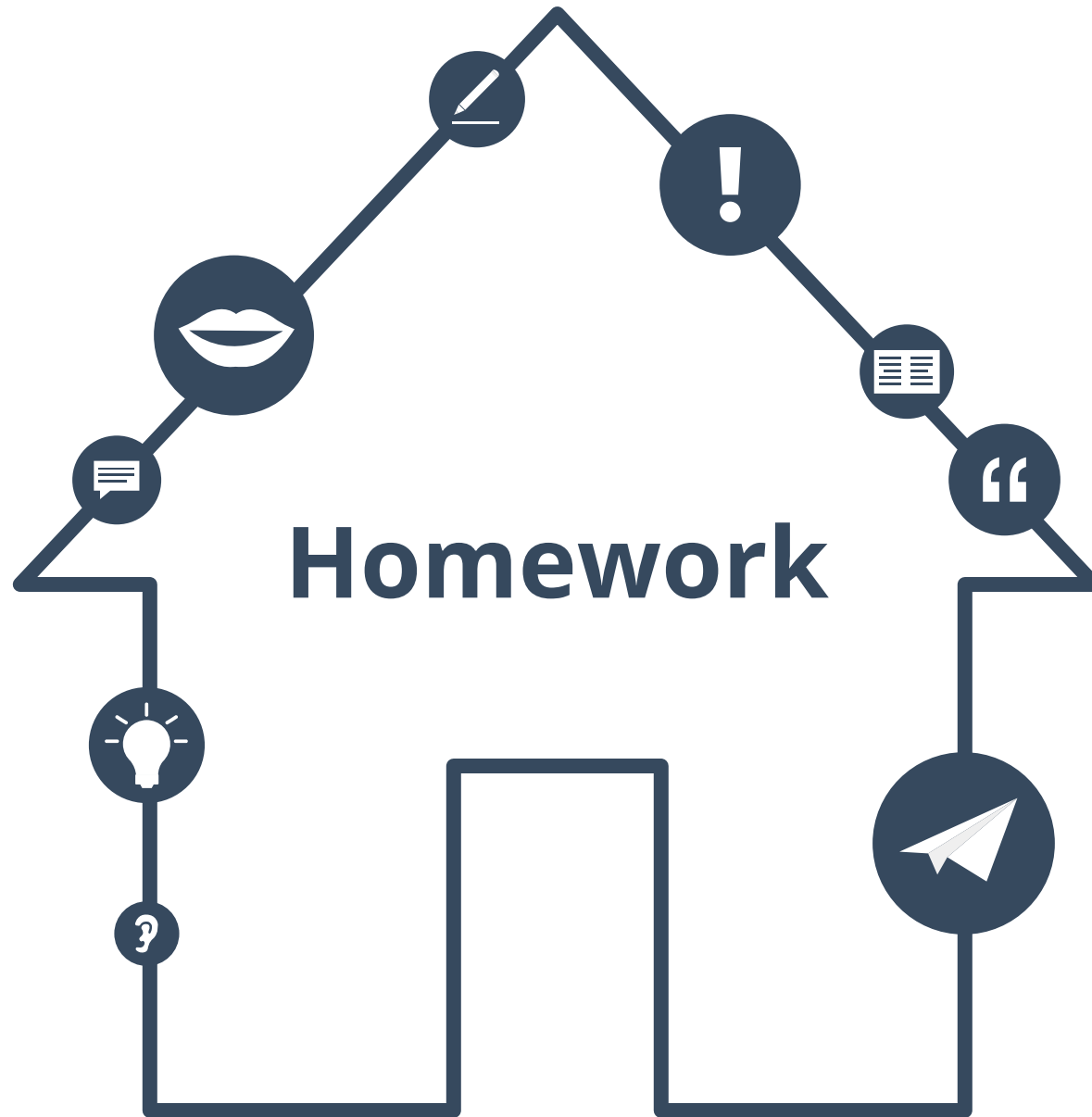


Reflect on this lesson

Think about everything you have seen in this lesson.
What were the most difficult activities or words? The easiest?



If you have time, go over
the most difficult slides again





muscular

fragile

glamorous

tanned

homely



Writing about ideal beauty

Write a paragraph describing how you think ideals of beauty for men and women are different or the same. Practise using the sentences introduced in this lesson to express your opinion.

I think that...

I am of the opinion...

The way I see it...

I'm not sure about that...

That's not always the case...

I have to side with [...] on that...



I think standards of beauty for men



and women are different. Men are



encouraged to be muscular and



women are encouraged to be slim.



However, I am not sure that...





Homework answer key

Sample answers activity p. 40:

Ideals of beauty now: slim, muscular, tanned, glamorous, assertive
Ideals of beauty then: fragile, pale, pure.

Sample paragraph activity p. 40:

I think the standards of beauty for men and women are different. Men are encouraged to be muscular and assertive looking and women are encouraged to be slim and well proportioned. However, I am not sure that these ideals are the same across all countries or cultures, and even in my own culture I think they are changing. The way I see it, beauty can be most found in most things because most of the time what we find beautiful reflects something about our values and everyone has different values. It is not always the case that those who are most glamorous are also the most beautiful because nowadays glamour is achieved through altering the body. I prefer natural beauty as an ideal, but I am also attracted by more platonic ideal images because they are, unlike a normal body, works of art.



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