

Learning English podcasts ... from the  
Hellenic American Union©

Level: Advanced

Lesson: 37

Title: "Anorexia"

**Summary:**

*Vanessa and Lisa discuss about the causes and the repercussions of anorexia.*

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*In this episode of World Report Vanessa and Lisa are in the middle of a live show in a radio studio. Listen to their conversation and answer the question that follows about the main idea.*

**Dialogue:**

**Vanessa:** Good morning listeners and I hope your day is better than some. Lisa has got a disheartening story of a disease which **is plaguing** teenage girls the world over.



**Lisa:** A good morning to you Vanessa. So right you are too! A disease, a plague, call it what you will, anorexia nervosa is fast becoming many girls' dark, **deep-seated** secret.



**Vanessa:** How bad are things?



**Lisa:** Well Anorexia nervosa is an eating disorder, **afflicting** 1 in a 100 girls, usually between the ages of 16-25.

**Vanessa:** The causes? The repercussions?



**Lisa:** Anorexia is caused through falsely portrayed role models; tall, lean fat-free models strutting their stuff on the catwalk. The repercussions, well, they can be devastating for some girls.

**Vanessa:** You're saying that these girls want to immediately lose weight so they too can look like their perfectly **divine** role models.



**Lisa:** Precisely Vanessa. And so they go on ridiculously quick and easy diets, losing a great amount of valuable fat.



**Vanessa:** Is this a **sign of the times**?



**Lisa:** If it is, Vanessa, well we're surely doing something wrong aren't we?



**Vanessa:** You're not wrong there. Thanks for that story and hope you've got something more **upbeat** for us tomorrow.

**Lisa:** You bet. Bye for now.



*Now answer the following question...*

What is anorexia?

Anorexia is an eating disorder, afflicting 1 in 100 girls usually between the ages of 16-25.

*Now listen again to the dialogue in parts. After each part there will be 3 to 4 questions on some details...*

### **Part 1**

**Vanessa:** Good morning listeners and I hope your day is better than some. Lisa has got a disheartening story of a disease which **is plaguing** teenage girls the world over.

**Lisa:** A good morning to you Vanessa. So right you are too! A disease, a plague, call it what you will, anorexia nervosa is fast becoming many girls dark, **deep-seated** secret.

**Vanessa:** How bad are things?

**Lisa:** Well Anorexia nervosa is an eating disorder, **afflicting** 1 in a 100 girls, usually between the ages of 16-25.

**Vanessa:** The causes? The repercussions?

**Lisa:** Anorexia is caused through falsely portrayed role models; tall, lean fat-free models strutting their stuff on the catwalk. The repercussions, well, they can be devastating for some girls.

*Now answer some questions...*

1. Vanessa says "a disease which **is plaguing** teenage girls". What does 'to plague' mean?  
Plague means to cause someone a lot of trouble or suffering.
2. Lisa says "anorexia nervosa is fast becoming many girls' dark, **deep-seated** secret.' What does "deep-seated" mean?

"Deep-seated" means something which is difficult to change because its causes have been there a long time.

3. Lisa says "Anorexia nervosa is an eating disorder, **afflicting** 1 in a 100 girls". What does "afflict" mean?

"Afflict" is a formal word for when a disease, pain or disaster causes you to suffer.

*Now listen to the second part of the dialogue...*

## **Part 2**

**Vanessa:** You're saying that these girls want to immediately lose weight so they too can look like their perfectly **divine** role models.

**Lisa:** Precisely Vanessa. And so they go on ridiculously quick and easy diets, losing a great amount of valuable fat.

**Vanessa:** Is this **a sign of the times?**

**Lisa:** If it is, Vanessa, well we're surely doing something wrong aren't we?

**Vanessa:** You're not wrong there. Thanks for that story and hope you've got something more **upbeat** for us tomorrow.

**Lisa:** You bet. Bye for now.

*Now answer some questions...*

1. Lisa says "so they too can look like their perfectly **divine** role models". What does 'divine' mean?

'Divine' means something godly, or perfect.

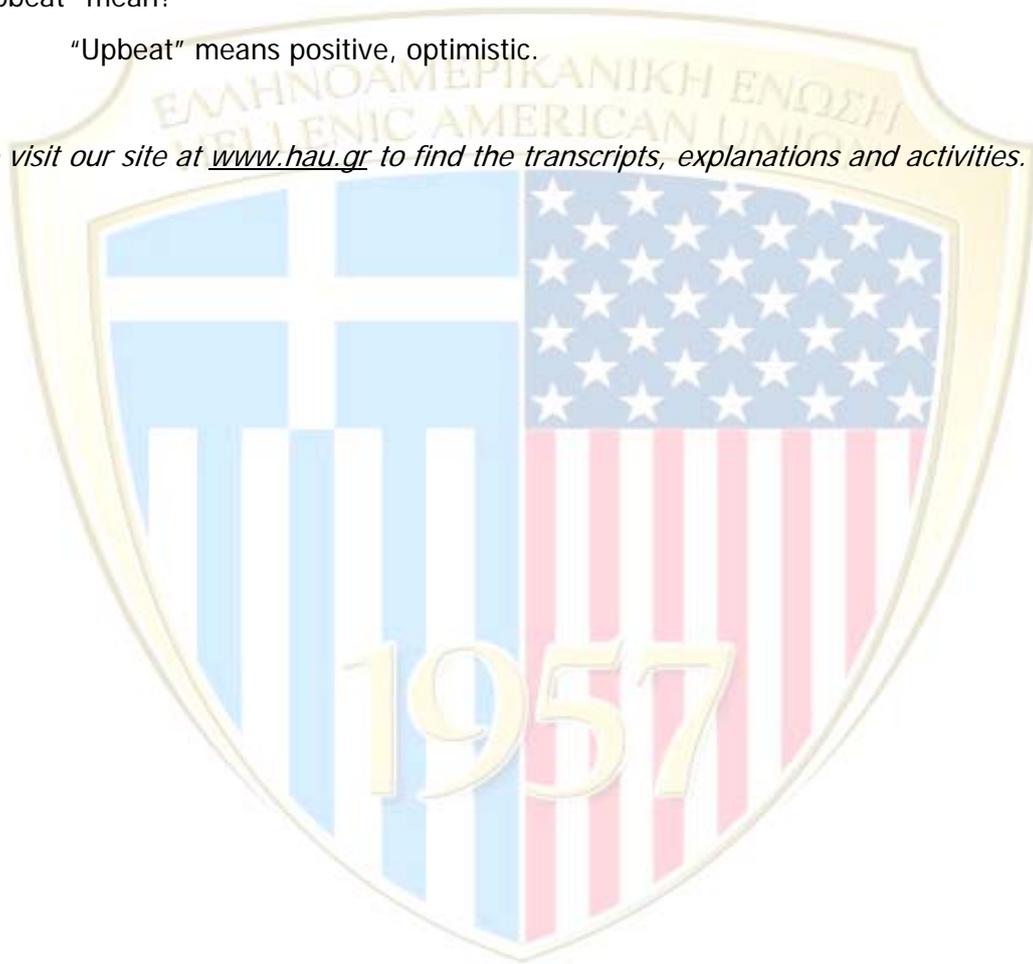
2. Vanessa asks "is this a **sign of the times?**" What is 'a sign of the times'?

"A sign of the times" is something that shows that society is worse now than it was in the past

3. Vanessa says "hope you've got something more **upbeat** for us tomorrow." What does "upbeat" mean?

"Upbeat" means positive, optimistic.

Please visit our site at [www.hau.gr](http://www.hau.gr) to find the transcripts, explanations and activities.



## GLOSSARY

**Afflict** (vb.): If a problem or illness **afflicts** a person or thing, they suffer from it. The noun is **affliction**.

**Deep-seated** (adj.): If something is **deep-seated** then it is strongly felt or believed and very difficult to change or get rid of. A "**deep-seated secret**" is a secret that is kept inside and is not revealed to anyone. We can also use the expression **deep(ly) - rooted** with no change in meaning.

**Devastating** (adj.) **Devastating** means causing a lot of damage or destruction.

**Dishearten** (vb.): when something **disheartens** you, it makes you lose confidence, hope and energy.

**Disorder** (N.): A **disorder** is an illness of the mind or body. There are many types of disorders, such as eating disorders (Bulimia / anorexia).

**Lean** (adj.): **Lean** means thin and healthy. It can also be used to describe a company or organization which uses only a small number of people and a small amount of money etc. so that there is no waste.

**Plague** (vb.): If something **plagues** you, it causes worry, pain or difficulty over a period of time.

**Portray** (vb.): To **portray** is to represent or describe someone or something in a painting, film, book or other artistic work.

**Repercussion** (N.): The **repercussion** is the effect that an action, event or decision has on something, especially a bad effect.

**Strut** (vb.): If you **strut** then you walk in a proud way trying to look important. To **strut your stuff** means to walk or dance in a confident exciting way, especially trying to be noticed by other people.

**Upbeat** (adj.): **Upbeat** means full of hope, happiness and good feelings.

## ACTIVITIES

### Activity 1

Choose the most appropriate aforementioned word or expression to fill in each blank. You may need to change the form of the word (e.g. from a noun to a verb)

1. My shoulder's been \_\_\_\_\_ me all week.
2. She was very \_\_\_\_\_ by the results of the test.
3. The family have a history of mental \_\_\_\_\_
4. It is an illness which \_\_\_\_\_ women more than men.
5. The drought has had \_\_\_\_\_ consequences.
6. A priest must have a \_\_\_\_\_ faith in God.
7. The boys \_\_\_\_\_ around trying to get the attention of a group of girls who were nearby.
8. Any decrease in tourism could have serious \_\_\_\_\_ for the local economy.
9. Live music and a parade set an \_\_\_\_\_ mood for the official opening.
10. Nowadays even efficient, \_\_\_\_\_, well-run industries are failing.

### Activity 2

A. Consider the following explanations:

Vanessa says "You're saying that these girls want to **immediately** lose weight so they too can look like their perfectly divine role models." Lisa says "And so they go on **ridiculously** quick and easy diets, losing a great amount of valuable fat." **Immediately** and **ridiculously** are adverbs. Adverbs like **extremely** and **very** can be used with **gradable adjectives** and adverbs like **absolutely** or **completely** with **ungradable adjectives**. Here are some more adverbs like these and adjectives which commonly follow them:

+ gradable adjective	+ ungradable adjective
<b>Extremely</b> ... effective, difficult, hard	<b>Absolutely</b> ... clear, sure, true
<b>Dreadfully</b> ... angry, disappointed, sorry	<b>Simply</b> ... awful, enormous, terrible
<b>Hugely</b> ... entertaining, enjoyable, successful	<b>Utterly</b> ... exhausted, unbearable, unrecognizable
<b>Terribly</b> ...boring, important, sorry	

B. Complete this e-mail by placing the adverbs on the right in the correct position on each line.

Hi! Thanks for your last e mail. I'm sorry I haven't got back to you sooner but we've been busy in the	very  extremely
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office. I'm in need of a rest! It seems the launch of our new slimming tablets has been successful. We are delighted and we have had a large order from a company in the states. This is fabulous news. See you soon.

badly

remarkably  
obviously

absolutely



## KEY TO ACTIVITIES

### Activity 1

1. plaguing
2. disheartened
3. disorder
4. afflicts
5. devastating
6. deep-seated
7. strutted
8. repercussions
9. upbeat
10. lean

### Activity 2B

Hi! Thanks for your last e mail. I'm **very** sorry I haven't got back to you sooner but we've been **extremely** busy in the office. I'm **badly** in need of a rest! It seems the launch of our new sliming tablets has been **remarkably** successful. We are **obviously** delighted and we have had a large order from a company in the states. This is **absolutely** fabulous news. See you soon.

