

Part 3: Appearance

1. dressed up

Meaning: Wearing formal or stylish clothes

Examples:

Everyone was dressed up for the wedding.

You don't need to get dressed up for this party; it's casual.

She loves getting dressed up for special occasions.

2. look nice

Meaning: To appear attractive or well-dressed

Examples:

You look nice in that dress; it really suits you.

He told her she always looks nice, even in casual clothes.

Everyone commented on how nice she looked at the party.

3. have a beard

Meaning: To grow facial hair on the chin and cheeks

Examples:

He has a beard that makes him look older than he really is.

Many men choose to have a beard because it suits their face.

Having a beard in winter keeps his face warm.

4. lose weight

Meaning: To reduce body weight

Examples:

She's trying to lose weight by eating healthy and exercising.

He lost weight after switching to a more active lifestyle.

If you want to lose weight, avoid eating late at night.

5. gain/ put on weight

Meaning: To increase body weight

Examples:

Gaining weight is common during winter when people exercise less.

He noticed he put on weight after quitting his morning runs.

Many people worry about putting on weight during the winter months.

He gained weight over the holidays from eating too much.

6. be in (great) shape

Meaning: Physically fit and healthy

Examples:

He's in great shape because he works out regularly.

If you want to stay in great shape, you need to eat well and exercise.

She's in great shape after training for the marathon.

7. look tired

Meaning: Having an appearance that suggests exhaustion or lack of sleep

Examples:

You look tired; did you stay up late last night?

After a long day at work, she always looks tired.

I don't want to look tired for the party, so I'll take a quick nap.

8. bright smile

Meaning: A smile that is wide, friendly, and full of energy

Examples:

She greeted everyone with a bright smile.

His bright smile made everyone feel welcome.

A bright smile can light up a room.

9. wear glasses

Meaning: To use eyeglasses to improve vision

Examples:

She wears glasses when reading or working on the computer.

He used to wear glasses, but now he has contact lenses.

Wearing glasses doesn't change how stylish you can look.

10. broad shoulders

Meaning: Describes someone with wide or large shoulders

Examples:

He has broad shoulders and a muscular build.

Broad shoulders are often associated with strength.

She admires his broad shoulders because they make him look more athletic.

A Day at the Reunion

When Mohsen arrived at the school reunion, everyone noticed how he had changed over the years. He was all **dressed up** in a sharp navy suit, clearly trying to **look nice** for the occasion. His once clean-shaven face now featured a neatly groomed **beard**, giving him a mature look.

"Wow, Mohsen, you're **in great shape**!" Sarah exclaimed, noticing his athletic build. "You've really managed to **lose weight** since we last met."

Mohsen laughed, "Thanks, but I've also been hitting the gym to avoid **putting on weight** again. Staying healthy is no joke!"

Across the room, everyone noticed Panah's radiant energy. Her **bright smile** lit up the room, even though she looked a bit different. She now **wore glasses**, which added a touch of elegance to her appearance.

Dara, on the other hand, hadn't changed much. His **broad shoulders** still made him stand out, but he admitted he'd been struggling with some extra pounds lately. "It's harder to stay fit now, but I'm working on it!" he said.

By the end of the evening, though Mohsen looked energized, some guests started to **look tired** after hours of chatting and dancing. As they said their goodbyes, everyone agreed it had been a night to remember.

Exercises

1. Fill in the Blanks

Complete the sentences using the collocations:

- a) For the party, everyone was _____ in their finest clothes.
 - b) With his new fitness routine, John managed to _____ and stay healthy.
 - c) Her cheerful attitude and _____ brightened the whole room.
-

2. Matching Exercise

Match the collocations with their meanings:

1. **dressed up**
2. **look tired**
3. **gain weight**
4. **broad shoulders**

- a) To wear formal or special clothes.
 - b) To appear fatigued or worn out.
 - c) To add extra pounds to one's body.
 - d) A physical feature indicating a wide upper body.
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3. Sentence Completion

Finish these sentences with your own ideas:

- a) I like to _____ whenever there's a special event.
 - b) People say a _____ can make someone more approachable.
 - c) After working for hours without a break, I started to _____.
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4. Odd One Out

Identify the word or phrase that doesn't belong:

- a) lose weight, gain weight, dressed up, wear glasses
 - b) broad shoulders, bright smile, look tired, eat dinner
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5. True or False

Mark the statements as true or false:

- a) Someone with broad shoulders usually has a narrow frame.
 - b) Wearing glasses always makes people look tired.
 - c) Dressing up is only done for casual outings.
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6. Role-Play a Scenario

Role-play a conversation using at least five collocations. Example scenarios:

- A fitness trainer helping someone get **in great shape**.
 - Friends chatting about how they plan to **dress up** for a party.
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7. Word Transformation

Transform the sentences by using the collocations:

- a) "He wore elegant clothes for the dinner party." → Use **dressed up**.
 - b) "She's trying to shed some pounds before her vacation." → Use **lose weight**.
 - c) "He looked exhausted after the long trip." → Use **look tired**.
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8. Write a Short Paragraph

Write a paragraph including at least five collocations. For example:

"At the wedding, everyone was **dressed up** in their best outfits. Mark, who used to **gain weight** easily, looked slim and **in great shape**. His **bright smile** showed how happy he was to see his friends. Some guests **wore glasses**, while others complimented the groom's **broad shoulders**."

9. Picture Description

Find a picture online or use your imagination. Describe it using the collocations. For instance: "The man in the photo has **broad shoulders** and is **wearing glasses**, while the woman next to him has a **bright smile**."

10. Error Spotting

Find and correct the errors in the sentences:

- a) He decided to bright smile before the photoshoot.
- b) She looked dressed up because of her heavy workout routine.
- c) Wearing broad glasses made him appear serious.

Here are the answers to the exercises

1. Fill in the Blanks

- a) For the party, everyone was **dressed up** in their finest clothes.
 - b) With his new fitness routine, John managed to **lose weight** and stay healthy.
 - c) Her cheerful attitude and **bright smile** brightened the whole room.
-

2. Matching Exercise

- 1. **dressed up** → a) To wear formal or special clothes.
 - 2. **look tired** → b) To appear fatigued or worn out.
 - 3. **gain weight** → c) To add extra pounds to one's body.
 - 4. **broad shoulders** → d) A physical feature indicating a wide upper body.
-

3. Sentence Completion

- a) I like to **dress up** whenever there's a special event.
- b) People say a **bright smile** can make someone more approachable.
- c) After working for hours without a break, I started to **look tired**.

(Answers may vary.)

4. Odd One Out

- a) **wear glasses** (The others relate to physical or fitness changes.)
 - b) **eat dinner** (The others describe physical appearance.)
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5. True or False

- a) False – Broad shoulders indicate a wide upper body.
 - b) False – Wearing glasses doesn't necessarily make someone look tired.
 - c) False – Dressing up is often for formal occasions, but not always.
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6. Role-Play a Scenario

(Answers will vary based on the conversation, but ensure the collocations are used appropriately, e.g., **dressed up**, **lose weight**, **gain weight**, **bright smile**, **broad shoulders**.)

7. Word Transformation

- a) "He wore elegant clothes for the dinner party." → He **dressed up** for the dinner party.
 - b) "She's trying to shed some pounds before her vacation." → She's trying to **lose weight** before her vacation.
 - c) "He looked exhausted after the long trip." → He started to **look tired** after the long trip.
-

8. Write a Short Paragraph

(Example paragraph with at least five collocations.)

"At the wedding, everyone was **dressed up** in their best outfits. Mark, who used to **gain weight** easily, looked slim and **in great shape**. His **bright smile** showed how happy he was to see his friends. Some guests **wore glasses**, while others complimented the groom's **broad shoulders**."

9. Picture Description

(Answers may vary. Ensure at least three collocations are used in the description. Example:)

"The man in the photo has **broad shoulders** and is **wearing glasses**, while the woman next to him has a **bright smile**."

10. Error Spotting

- a) He decided to **show his bright smile** before the photoshoot.
- b) She **looked tired** because of her heavy workout routine.
- c) Wearing **glasses** made him appear serious.