



READING COMPREHENSION

**PART I: Read the article below. Answer the questions that follow according to the text.
Write your answers in complete sentences.**

Young woman who beat anorexia shares photos of her new body urging others to “embrace the squish”

Connie Inglis, who was hospitalised with the illness just a year ago, is using Instagram to urge others to ‘embrace the squish’

By Alex Green 17 January 2017

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A young woman recovering from anorexia has taken to Instagram to share photos of herself and urge others to “embrace the squish”.

Connie Inglis, from Leeds, was hospitalised and referred for tube feeding after her weight dropped dramatically in December 2015.

10 She was then transferred to a specialist ward for eating disorders, which she was discharged from at the end of May last year.

Now, she is recovering from anorexia – and fighting back against the illness – by openly talking about body positivity online.

15 The brave woman, who posts candid photos of her own body on Instagram, has built a body positive community around her page.

But only two years ago she was hiding her body under thick jumpers and baggy jeans.

Nobody knew she suffered from anorexia nervosa, an emotional disorder characterised by the need to lose weight.

20 Now, Connie is using social media to share photos of herself snacking on foods like chocolate spread, using the hashtag *#positivebeatsperfect*.

She has already raised almost £ 1,000 for *Beat*, a charity that provides support, training and resources to young men and women affected by eating disorders.

Her Instagram page describes her as a feminist, artist and self-love enthusiast. She is a self-professed “advocate for everyBODY”.

25 Connie started the Instagram page *my_life_without_ana* in an attempt to break down stigma around eating disorders.

Her honest portrayal of the dangers of anorexia and the joys of good eating has won her a legion of fans.

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All of her posts have been liked more than 1,000 times and she has already amassed over 17,000 followers.

In one of her most recent posts, she tells her followers: "Feeling guilty when you're hungry is like feeling guilty for breathing when your lungs need oxygen. We've literally been taught to be afraid of our basic human needs. Refuse to feel that shame. You are allowed to eat."

From *Daily Mirror* – <http://www.mirror.co.uk/news/real-life-stories/young-woman-who-tube-fed-9639170>

1. Why is anorexia a life-threatening illness? Justify your answer providing evidence from the text. (4 points)

2. How did Connie manage to keep her illness a secret? (2 points)

3. What does the author imply by using the term 'advocate for everyBODY'? (4 points)

4. In what two ways did Connie try to support people who may suffer from such a disorder? (4 points)

5. Identify four phrases used in the text which show that Connie is supported in this fight against anorexia. (4 points)

6. "Refuse to feel that shame." (line 31) What 'shame' is Connie referring to here? (4 points)

7. Connie openly talks about 'body positivity' online. Explain your understanding of this term. Write a paragraph of no more than 80 words. (8 points)

PART II: Vocabulary: Find the word or phrase in the text that matches the following in meaning and context: (10 points)

1. strongly advise (between lines 4-9): _____
2. accept (between lines 4-9): _____
3. released (between lines 8-13): _____
4. getting better (between lines 10-14): _____
5. truthful (between 10-16): _____
6. means (between 19-24): _____
7. supporter (between 19-24): _____
8. description (between lines 25-31): _____
9. large group (between 25-31): _____
10. collected (between 25-31): _____