**FOOTWEAR**

Can you identify the kinds of the shoes?

Which is your favourite kind?

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pumps/stilettoes moccasins sneakers/trainers wellingtons flip-flops slippers

hiking boots boots clogs sandals ballet flats

**Which shoes do you wear in the following situations?**

1. Walking in the mountains.
2. Walking in town on a hot, sunny day.
3. Going to a cocktail party (if you are a woman).
4. Going to the gym.
5. Staying at home on a Sunday morning.
6. Walking in the rain.
7. Walking on the beach.
8. In winter

**Match the words with the phrasal verbs:**

socks tiptoe toes laces barefoot heel stocking

a. If your feet are cold, put on your \_\_\_\_\_\_\_\_\_\_.

b. You have to tie up your \_\_\_\_\_\_\_\_\_\_ or you’ll trip over them.

c. If you stand on your \_\_\_\_\_\_\_\_\_\_\_\_\_\_, you can see over the fence.

d. She was so angry she turned on her \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and left.

e. He was so clumsy he kept stepping on her \_\_\_\_\_\_\_\_\_\_\_\_\_\_.

f. In the USA, you must hang a \_\_\_\_\_\_\_\_\_\_\_\_\_ to get presents from Santa.

g. Walking \_\_\_\_\_\_\_\_\_\_ in the grass is the best thing you can do for your feet.

**Conversation:**

Why do we need to wear shoes?

What would life be like if we did not wear shoes?

How many pairs of shoes do you own, and why?

Do you like buying shoes? What about buying shoes for children?

How often do you buy shoes?

What is the most expensive pair of shoes you've bought?

What do you wear on your feet at home?

Can you imagine wearing shoes at home?

Is there a pair of shoes you would really like to buy?

Do you prefer comfortable boring shoes or uncomfortable fashionable shoes?

Do you ever donate your old shoes to charity?

Would you take old shoes from someone if they offered them to you?

Can men and women wear the same shoes?

Have you ever regretted buying a pair of shoes?

What is the best colour for shoes?

Why do men have fewer pairs of shoes than women?

What do someone's shoes tell us about that person?

Are shoes old-fashioned? Should we all wear sneakers?

Are leather shoes best?

What do you know about the history of shoes?

**Listening:**

 What shoes does Neil wear?

What does ubiquitous mean?

What does Sophie say about 85% of people who buy trainers?

Why does Neil wear them?

What does Neil answer to today’s question: What's a popular US slang term for trainers? Is it…  
a) kicks? b) wedges? or c) flats?

What does apparel mean?

Who is famous for dressing down?

What does he wear?

What is a limited edition?

Who is a sneakerhead?

Why did people wear sneaker in the 19th century?

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Elizabeth Semmelhack, curator of the Bata Shoe Museum in Toronto, Canada  
This new industrial age actually ushered in a new class, the emerging \_\_\_\_\_\_ class, that was able to, now, have leisure time, because of their new economic \_\_\_\_\_\_\_\_. And so what they did was, they wanted to, sort of, express the fact that they had leisure time by \_\_\_\_\_\_. But they also wanted to signify that they were doing these things by their sartorial choices. And so the sneaker, in part, was invented to meet the \_\_\_\_\_\_ of this new class, so that they could very conspicuously \_\_\_\_\_\_ that they were playing.

Why were they interested in trainers?

What does sartorial mean?

Was Neil right?

What do the other terms mean?

**Reading:   
Running in shoes**

Jogging barefoot might be better for you than running in jogging shoes. This is the conclusion of new research from scientists at Glasgow University in Scotland. In fact, researchers say running with jogging shoes may actually be harmful to our bodies. The research team found that 75 per cent of the joggers in their study experienced something called ‘heel strike’. This is when our heels hit the ground too hard and shock our skeleton. This happens around 1,000 times for every 1.5km we run. The scientists say running barefoot is more natural. People who run without shoes do not land on their heels and this avoids sending shockwaves throughout their body. Barefoot runners may be at less risk of injury than those who wear running shoes. Barefoot running is common in many parts of the world, especially Africa. The most famous barefoot runner is South Africa’s Zola Budd, who ran without shoes in the 1984 Olympics.

**Harmful high-heel shoes**

High-heel shoes are popular with many women. A study shows that wearing them for a long time can damage the body. A team of researchers did tests on the knees of women who wore flat shoes, shoes with 3.8-cm heels and shoes with 8.9-cm heels. Women who wore high heels risked permanent damage to their knees. High heels put knees in a bent shape that makes them like aged or damaged joints. This increases the risk of surgery.

A survey of 1,200 women shows how popular high heels are. It said 93 per cent of women feel sexier in heels, 88 per cent thought they were stylish and 77 per cent said heels made them feel slimmer. Many women ignore health warnings, pain and discomfort to wear heels and look and feel good. A British doctor said heels put the feet at a strange angle. This increases pressure on the knees by 25 per cent, which puts stress on the kneecaps.

**Shoes from garbage**

Adidas has made a sports shoe from ocean garbage. It hopes this will raise awareness of the problem of ocean pollution. Adidas has joined with an organisation called Parley, which protects the Earth's oceans. Parley's founder said: "Our objective is to boost public awareness and to…protect and preserve the oceans. We are extremely proud that Adidas is joining us…to show that it is possible to turn ocean plastic into something cool."

Garbage in the ocean is a huge problem. There are 30,000 pieces of plastic for every square kilometre of ocean. This kills a million seabirds and 100,000 sea animals every year. Adidas used this plastic to make its new trainer. Adidas says it will release the new trainer later this year. In another environmentally friendly project, the sportswear maker will stop using plastic bags in its stores across the world. This will happen soon.