
How Beetroot Enhances Athletic Performance: Explained by Science

Description

The famous singer Beyoncé recently opened up about her struggles with self-esteem in a documentary called "Beyoncé Presents: Making The Gift." In the film, Beyoncé discusses her insecurities and how she overcame them to become the successful artist she is today.

She shared that being in the music industry from a young age made her doubt herself and her abilities. Beyoncé admitted to comparing herself to others and feeling like she was not good enough. However, she realized that she needed to love and accept herself for who she is.

Beyoncé also opened up about the challenges she faced in her personal life, such as becoming a mother and dealing with the pressures of fame. Despite these obstacles, she found strength in her family, particularly her children, who inspired her to keep pushing forward.

The documentary offers a behind-the-scenes look at Beyoncé's creative process and the making of her album "The Gift," which was inspired by Disney's "The Lion King." Through the film, she hopes to inspire others to embrace their uniqueness and believe in themselves.

Fans of Beyoncé have praised her for being open and vulnerable in sharing her struggles, and the documentary has received positive reviews for its authentic portrayal of the singer's journey to self-acceptance.

Vocabulary List:

1. **Insecurities** /ɪn.sɪ'kjʊr.ɪ.tiz/ (noun): Feelings of self-doubt or lack of confidence.
2. **Overcame** /'oʊ.vər'keɪm/ (verb): Succeeding in dealing with a problem or difficulty.
3. **Authentic** /ɔ:'θen.tɪk/ (adjective): Genuine; real as opposed to being false or imitation.
4. **Embrace** /ɪm'breɪs/ (verb): To accept or support willingly and enthusiastically.
5. **Uniqueness** /ju:'ni:k.nəs/ (noun): The quality of being the only one of its kind; distinctive.
6. **Struggles** /'strʌg.əlz/ (noun): Efforts or actions made to overcome difficulties.

Comprehension Questions

Multiple Choice

1. What is the title of the documentary in which Beyoncé opens up about her struggles with self-esteem?

- Option: A. Beyoncé: A Musical Journey
- Option: B. Beyoncé's Success Story
- Option: C. Beyoncé Presents: Making The Gift
- Option: D. The Power of Beyoncé

2. What inspired Beyoncé to overcome her insecurities?

- Option: A. Comparing herself to others
- Option: B. Seeking validation from fans
- Option: C. Her family and children
- Option: D. Financial success

3. Which album of Beyoncé was inspired by Disney's "The Lion King"?

- Option: A. Lemonade
- Option: B. The Gift
- Option: C. I Am... Sasha Fierce
- Option: D. 4

4. What message does Beyoncé hope to convey through her documentary?

- Option: A. Embrace your flaws and weaknesses
- Option: B. Believe in the power of fame
- Option: C. Inspire others to love themselves and believe in their uniqueness
- Option: D. Strive for perfection at all costs

5. How did Beyoncé find strength to overcome the challenges in her personal life?

- Option: A. Through financial success
- Option: B. By comparing herself to others
- Option: C. Her family especially her children
- Option: D. Ignoring her insecurities

6. What has been the reception of Beyoncé's documentary among her fans?

- Option: A. Criticized for lack of authenticity
- Option: B. Panned for exaggeration
- Option: C. Praised for her openness and vulnerability
- Option: D. Ignored by her fan base

Answer

Multiple Choice: 1. C. Beyoncé Presents: Making The Gift 2. C. Her family and children 3. B. The Gift 4. C. Inspire others to love themselves and believe in their uniqueness 5. C. Her family especially her children 6. C. Praised for her openness and vulnerability

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. What quality is essential for achieving your goals?

Option: A. Persistence

Option: B. Creativity

Option: C. Indecisiveness

Option: D. Laziness

2. What term refers to moving forward or advancing?

Option: A. Regression

Option: B. Stagnation

Option: C. Progression

Option: D. Regression

3. What does it mean to protect from harm or danger?

Option: A. Expose

Option: B. Shield

Option: C. Ignore

Option: D. Prevent

4. Which word means to accept or support willingly?

Option: A. Reject

Option: B. Tolerate

Option: C. Embrace

Option: D. Disapprove

5. What is the power to have an effect on someone or something?

Option: A. Control

Option: B. Influence

Option: C. Oppose

Option: D. Discourage



6. What word describes someone who is widely recognized and praised?

- Option: A. Anxious
- Option: B. Anonymous
- Option: C. Celebrated
- Option: D. Reluctant

7. What term describes challenges or difficulties one faces?

- Option: A. Successes
- Option: B. Triumphs
- Option: C. Deeds
- Option: D. Struggles

8. Which term means to stop something from happening?

- Option: A. Encouraging
- Option: B. Allowing
- Option: C. Preventing
- Option: D. Facilitating

9. Who is a person or entity against whom one is competing?

- Option: A. Collaborator
- Option: B. Competitor
- Option: C. Partner
- Option: D. Associate

10. What does it mean when something requires immediate action or attention?

- Option: A. Delayed
- Option: B. Antiquated
- Option: C. Neglected
- Option: D. Urgent

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. _____ disorders affect the behavior emotions and cognitive function of an individual.

12. _____ care focuses on the health and well-being of elderly individuals.

13. It is important to be true to yourself and remain _____ in all your actions.

14. The _____ period is crucial for the development of the unborn child.

15. Doctors use a patient's reported _____ to help diagnose medical conditions.



16. A _____ is a device that can adjust or control the level of a signal.

17. Artists often _____ their work in galleries to share it with the public.

18. Negotiations between the two parties reached a _____ with no agreement in sight.

19. What is your _____ to the success of the project?

20. It is important to _____ tasks based on their urgency and importance.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. The scoring system was to ensure fairness among all participants.

22. Building self-confidence is important to overcome personal .

23. The new technology was considered due to its innovative features.

24. Her success was a true to her hard work and dedication.

25. The study focused on the factors influencing educational achievement.

26. She her fears and doubts to achieve her dreams.

27. The antique shop prided itself on selling only merchandise.

28. Each individual has their own set of talents and abilities.

29. He was known for his speeches that touched the hearts of many.

30. The audio engineer adjusted the sound levels using the .

Answer

Multiple Choice: 1. A. Persistence 2. C. Progression 3. B. Shield 4. C. Embrace 5. B. Influence 6. C. Celebrated 7. D. Struggles 8. C. Preventing 9. B. Competitor 10. D. Urgent

Gap-Fill: 11. Neurobehavioral 12. Geriatric 13. authentic 14. prenatal 15. symptoms 16. modulator 17. exhibit 18. deadlock 19. contribution 20. prioritize

Matching sentence: 1. equalized 2. insecurities 3. groundbreaking 4. testament 5. socioeconomic 6. overcame 7. authentic 8. unique 9. emotional 10. modulator



CATEGORY

1. Health - LEVEL3

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