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## Model Brooks Nader Regrets Past Liposuction Decision

### Description

Brooks Nader, a model and reality star, talked to PEOPLE in Los Angeles. She shared that she had liposuction, a surgery to remove fat, and now regrets it.

Nader is 29 years old. She said the surgery caused her to have unwanted changes in her body. She mentioned dimples and ripples that she did not have before the surgery. Nader feels that it was not needed.

During the event, she encouraged people to be healthy instead of focusing too much on surgery. Nader has also spoken about other beauty treatments she has done. These include getting a nose job and using injectables like Botox, which is a treatment to reduce wrinkles.

Nader shared her love for skincare products. She likes Double Serum, which helps her skin look glowing. She feels that looking after one's skin is important. Nader also described her style as "extra," enjoying sparkly and bright fashion choices.

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### Vocabulary List:

1. **liposuction** //,laɪpəʊ'sʌkʃən// (noun): surgery to remove fat from the body
2. **regrets** //rɪ'grɛts// (verb): feels sad or sorry about something
3. **unwanted** //,ʌn'wʌntɪd// (adjective): not wanted or needed by a person
4. **injectables** //ɪn'dʒɛktəbəlz// (noun): substances put into the body with a needle
5. **wrinkles** //'rɪŋkəlz// (noun): small lines or folds in the skin
6. **skincare** //'skɪn,kɛr// (noun): products and actions to keep skin healthy

### Comprehension Questions

#### Multiple Choice

1. How old is Brooks Nader?

Option: 25

Option: 29

Option: 31

Option: 33



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2. What type of surgery did Brooks Nader have?
    - Option: Appendectomy
    - Option: Liposuction
    - Option: Knee surgery
    - Option: Heart surgery
  
  3. What did Nader experience after her liposuction?
    - Option: Weight gain
    - Option: Dry skin
    - Option: Dimples and ripples
    - Option: Increased muscle mass
  
  4. What beauty treatment did Nader mention besides liposuction?
    - Option: Facelift
    - Option: Nose job
    - Option: Tummy tuck
    - Option: Breast augmentation
  
  5. Which skincare product does Nader mention as her favorite?
    - Option: Moisturizer
    - Option: Sunscreen
    - Option: Double Serum
    - Option: Cleansing milk
  
  6. What does Nader promote instead of surgery?
    - Option: Dieting
    - Option: Cosmetic procedures
    - Option: Health and wellness
    - Option: Exercise only

### True-False

7. Brooks Nader regrets having liposuction.
  
8. Nader stated that the surgery was necessary.
  
9. Brooks Nader has never had any cosmetic treatments.



10. Nader believes in focusing on healthy living.
11. She does not like to use skincare products.
12. Nader describes her style as plain and simple.

### Gap-Fill

13. Brooks Nader is a model and reality star aged \_\_\_\_\_.
14. After her liposuction, Nader experienced \_\_\_\_\_ and ripples.
15. Nader enjoys using injectables like \_\_\_\_\_ to reduce wrinkles.
16. Her favorite skincare product is \_\_\_\_\_ Serum.
17. Nader encourages people to focus on being \_\_\_\_\_ instead of surgery.
18. Brooks Nader describes her fashion choices as \_\_\_\_\_ and bright.

### Answer

**Multiple Choice:** 1. 29 2. Liposuction 3. Dimples and ripples 4. Nose job 5. Double Serum 6. Health and wellness

**True-False:** 7. True 8. False 9. False 10. True 11. False 12. False

**Gap-Fill:** 13. 29 14. dimples 15. Botox 16. Double 17. healthy 18. sparkly

### Vocabulary quizzes

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

1. What type of vessel is designed to operate underwater?  
Option: Aircraft  
Option: Submarine  
Option: Battleship  
Option: Hovercraft
2. What type of reactor uses nuclear reactions to generate energy?



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- Option: Solar  
Option: Geothermal  
Option: Nuclear  
Option: Hydroelectric
3. What state of matter is found in certain types of thrusters for spacecraft?  
Option: Solid  
Option: Liquid  
Option: Gas  
Option: Plasma
4. What is often used to improve the performance of a product based on user responses?  
Option: Research  
Option: Feedback  
Option: Advertising  
Option: Testing
5. Which cosmetic procedure is commonly used to remove unwanted fat?  
Option: Tummy tuck  
Option: Liposuction  
Option: Facelift  
Option: Botox
6. What can you do to personalize your gameplay experience?  
Option: Customize  
Option: Standardize  
Option: Regulate  
Option: Limit
7. Which routine is important for maintaining healthy skin?  
Option: Budgeting  
Option: Skincare  
Option: Exercise  
Option: Reading
8. What type of effects enhance the imagery of a film or video game?  
Option: Auditory  
Option: Visual  
Option: Tactile  
Option: Olfactory
9. What stage follows the planning phase in a project lifecycle?  
Option: Execution



- Option: Testing
- Option: Deployment
- Option: Development

10. What do people often seek to reduce through cosmetic procedures?

- Option: Scars
- Option: Blemishes
- Option: Wrinkles
- Option: Freckles

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

- 11. The \_\_\_\_\_ features of the game were its stunning graphics and captivating story.
- 12. The research had a significant \_\_\_\_\_ on public policy regarding environmental issues.
- 13. Many people have \_\_\_\_\_ about their choices as they age.
- 14. It is \_\_\_\_\_ to follow the instructions carefully during the experiment.
- 15. The scientists \_\_\_\_\_ the ocean floor to find new underwater features.
- 16. The \_\_\_\_\_ improvement of technology leads to innovative solutions.
- 17. We welcome \_\_\_\_\_ from the community to help us improve our services.
- 18. The project \_\_\_\_\_ includes several important deadlines and milestones.
- 19. The \_\_\_\_\_ arm was used to assist patients in rehabilitation exercises.
- 20. The spacecraft was equipped with advanced \_\_\_\_\_ for better maneuverability.

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

21. The spacecraft successfully returned from its mission with valuable data.
22. Injectables are often used in cosmetic procedures to enhance facial features.
23. The performance of the new game was praised by both critics and players alike.



24. The special effects in the movie created an immersive experience for the audience.
25. The magician's illusion made the rabbit appear to have disappeared into thin air.
26. Robotic technologies are transforming industries by increasing efficiency and safety.
27. The development of new software is crucial for staying competitive in the market.
28. The submarine was designed to withstand extreme underwater pressures.
29. Nuclear energy is a powerful source of electricity used in many countries.
30. A consistent skincare routine is essential for maintaining healthy skin.

## Answer

**Multiple Choice:** 1. Submarine 2. Nuclear 3. Plasma 4. Feedback 5. Liposuction 6. Customize 7. Skincare 8. Visual 9. Development 10. Wrinkles

**Gap-Fill:** 11. prominent 12. impact 13. regrets 14. crucial 15. mapped 16. continuous 17. suggestions 18. schedule 19. robotic 20. thrusters

**Matching sentence:** 1. spacecraft 2. injectables 3. performance 4. effects 5. disappeared 6. robotic 7. development 8. submarine 9. nuclear 10. skincare

## CATEGORY

1. Sci/Tech - LEVEL1

## POST TAG

1. Brooks Nader
2. ESL learning
3. esl news
4. Level 1
5. liposuction
6. regrets

## Tags

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