

Flip-Flops

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Suppose you were making a pair of shoes. What materials would you use? You might use rubber, leather, or even plastic. If you lived 10,000 years ago, though,

you might have used tree bark. In fact, the oldest shoes ever discovered were made with bark that was twisted into rope. Can you imagine wearing shoes made of bark today?

Sandals have two main parts. One part is a flat piece of material shaped like your foot. This part, called the sole, is the bottom of the sandal. It protects the sole, or bottom, of your foot.

The second part is one or more straps that are attached to the sole. The straps are wound around your toes or your foot. These straps keep the sandal on your foot.

One type of sandal is very popular today. It has a sole and a Y-shaped strap. The Y-shaped strap passes between your big toe and your second toe. This kind of sandal has

several names. In South Africa, it's called a slip-slop. In the United States, it is usually called a flip-flop. Flip-flops don't have ankle straps to keep them in place, so they move when you walk. This movement makes the sound "flip flop."

Flip-flops don't cost a lot, so most people can buy a pair or two. Usually, flip-flops are made of material that comes from crude oil. As a result, it is hard to recycle old flip-flops. Some people have solved this problem by making flip-flops from car tires or from material like cotton or straw.

For some sports, special shoes can help you move faster or climb higher. A pair of flip-flops won't get you very far if you're hiking up a mountain or through the mud and rocks of a wilderness trail. However, when it's hot outside, it feels good to put on a pair of flip-flops and feel a breeze on your toes.



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