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Level 5 – 24th February 2025

Teens increasingly worried about muscle size

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<https://breakingnewsenglish.com/2502/250224-bigorexia-muscle-dysmorphia-5.html>

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Please try Levels 4 and 6. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2502/250224-bigorexia-muscle-dysmorphia-5.html>

A study in Canada says growing numbers of young people are becoming obsessed with their muscle size. This obsession is a mental health condition known as "bigorexia". Kara Becker, an eating disorder therapist, spoke to the HuffPost about the condition. She said: "Bigorexia is a psychological condition...which involves a distorted self-image that focuses specifically on muscle size and physical appearance." Sufferers can get very distressed over their lack of muscularity. Bigorexia can affect even those who work out regularly and have the physique of a bodybuilder.

Researchers said bigorexia was rising in teenagers and people in their twenties. A quarter of men and 10 per cent of women in their research could suffer from it. Ms Becker said many factors cause young people to worry about their body shape. She said: "People with low self-esteem, perfectionism, or obsessive-compulsive tendencies are more vulnerable." Social media may add to this problem. Youngsters can be flooded with images of people with the "perfect" body. Another cause may be the marketing of muscle-building supplements and anabolic steroids.

Sources: <https://www.consumeraffairs.com/news/bigorexia-fear-of-small-muscles-widespread-among-younger-consumers-022025.html>
<https://edition.cnn.com/2025/02/19/health/muscle-dysmorphia-supplements-wellness/index.html>
https://www.huffpost.com/entry/bigorexia-is-on-the-rise-heres-what-parents-should-know-ano_l_67ae1db6e4b0082a14429e94

PHRASE MATCHING

From <https://breakingnewsenglish.com/2502/250224-bigorexia-muscle-dysmorphia-5.html>

PARAGRAPH ONE:

- | | |
|--------------------------------------|----------------------|
| 1. people are becoming obsessed with | a. regularly |
| 2. an eating disorder | b. appearance |
| 3. Bigorexia is a psychological | c. distressed |
| 4. muscle size and physical | d. of a bodybuilder |
| 5. Sufferers can get very | e. condition |
| 6. their lack of | f. therapist |
| 7. work out | g. their muscle size |
| 8. have the physique | h. muscularity |

PARAGRAPH TWO:

- | | |
|------------------------------------|-------------------------|
| 1. Researchers said bigorexia was | a. building supplements |
| 2. people in their | b. "perfect" body |
| 3. many factors cause young people | c. with images |
| 4. People with low self- | d. steroids |
| 5. Youngsters can be flooded | e. esteem |
| 6. images of people with the | f. rising in teenagers |
| 7. the marketing of muscle- | g. to worry |
| 8. anabolic | h. twenties |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2502/250224-bigorexia-muscle-dysmorphia-5.html>

A study in Canada says (1) _____ young people are becoming (2) _____ muscle size. This obsession is a mental health condition known as "bigorexia". Kara Becker, an (3) _____, spoke to the HuffPost about the condition. She said: "Bigorexia is a psychological condition...which (4) _____ self-image that focuses specifically on muscle size and physical appearance." Sufferers can get very distressed over their (5) _____. Bigorexia can affect even those who work out regularly and have (6) _____ a bodybuilder.

Researchers said bigorexia was (7) _____ and people in their twenties. A quarter of men and 10 per cent of women in their (8) _____ from it. Ms Becker said many factors cause young people to worry about their body shape. She said: "People with (9) _____, perfectionism, or obsessive-compulsive tendencies (10) _____." Social media may add to this problem. Youngsters can be (11) _____ of people with the "perfect" body. Another cause may be the marketing of muscle-building supplements (12) _____.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2502/250224-bigorexia-muscle-dysmorphia-5.html>

A study in Canada says growing numbers of young people are becoming obsessed with their muscle size. This obsession is a mental health condition known as "bigorexia". Kara Becker, an eating disorder therapist, spoke to the Huff Post about the condition. She said: "Bigorexia is a psychological condition... which involves a distorted self-image that focuses specifically on muscle size and physical appearance." Sufferers can get very distressed over their lack of muscularity. Bigorexia can affect even those who workout regularly and have the physique of a bodybuilder. Researcher said bigorexia was rising in teenagers and people in their twenties. A quarter of men and 10 percent of women in their research could suffer from it. Ms Becker said many factors cause young people to worry about their body shape. She said: "People with low self-esteem, perfectionism, or obsessive-compulsive tendencies are more vulnerable." Social media may add to this problem. Youngsters can be flooded with images of people with the "perfect" body. Another cause may be the marketing of muscle-building supplements and anabolic steroids.

MUSCLES SURVEY

From <https://breakingnewsenglish.com/2502/250224-bigorexia-muscle-dysmorphia-4.html>

Write five GOOD questions about muscles in the table. Do this in pairs. Each student must write the questions on his / her own paper. When you have finished, interview other students. Write down their answers.

| | STUDENT 1 _____ | STUDENT 2 _____ | STUDENT 3 _____ |
|------|--------------------|--------------------|--------------------|
| Q.1. | | | |
| Q.2. | | | |
| Q.3. | | | |
| Q.4. | | | |
| Q.5. | | | |

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

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WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

