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Level 3 – 20th March 2025

Woman gets kidney stones following carnivore diet

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<https://breakingnewsenglish.com/2503/250320-carnivore-diet.html>

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Please try Levels 0, 1 and 2 (they are easier).

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THE ARTICLE

From <https://breakingnewsenglish.com/2503/250320-carnivore-diet.html>

The Internet is full of diets we can follow to be healthy. A 23-year-old woman followed the carnivore diet and ended up in hospital. The woman is a social media influencer. She lives in Dallas, Texas. She explained in a TikTok video how the high-protein diet gave her kidney stones. These are small stones made up of chemicals in the urine. They cause pain when peeing. They are caused by eating too many processed foods and high-protein foods. The woman said she ate only animal-based food during her final year of college. She had two or three eggs and a steak every day. She was horrified after she passed blood in her urine.

The carnivore diet has been growing in popularity on social media. Many influencers and content creators are promoting its benefits. Some people say a protein-only diet raises your energy levels and encourages positive thinking. However, most health experts warn that eating too much meat, fish and dairy products is bad for your health. The Mayo Clinic said there is not enough fibre in the diet. This can lead to problems like constipation and headaches, and increase the risk of heart disease. The woman advised her followers not to eat too much protein. She said: "Don't neglect your fibre intake." Kidney stones affect about one in ten people worldwide. They can be broken down using lasers and medicine.

Sources: <https://www.msn.com/en-in/news/other/23-year-old-influencer-rushed-to-hospital-with-kidney-stones-after-following-viral-carnivore-diet/ar-AA1B0YeU>
<https://www.aol.com/followed-trendy-carnivore-diet-ended-144918921.html>
<https://www.ladbible.com/news/health/woman-carnivore-tiktok-warning-kidney-stones-532864-20250314>

WARM-UPS

1. A CARNIVORE DIET: Students walk around the class and talk to other students about a carnivore diet. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

Internet / diet / healthy / carnivore / hospital / social media influencer / eggs / steak / popularity / benefits / protein / energy levels / meat / dairy products / kidneys / laser

Have a chat about the topics you liked. Change topics and partners frequently.

3. VEGETARIANISM: Students A **strongly** believe all of us should become vegetarians; Students B **strongly** believe the opposite. Change partners again and talk about your conversations.

4. DIETS: What do you know about these diets? How beneficial are they? Complete this table with your partner(s). Change partners often and share what you wrote.

	What I Know	How Beneficial
Carnivore diet		
Plant-based diet		
Raw food diet		
Low-fat diet		
Mediterranean diet		
Low-carb diet		

5. INFLUENCER: Spend one minute writing down all of the different words you associate with the word "influencer". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

6. HEALTH: Rank these with your partner. Put the best things for our health at the top. Change partners often and share your rankings.

- Vegetables
- No stress
- Exercise
- Protein
- Medicine
- No smoking
- Sleep
- The countryside

VOCABULARY MATCHING

Paragraph 1

- | | |
|---------------|--|
| 1. carnivore | a. Things made from different substances, used in science and everyday life. |
| 2. ended up | b. The yellow liquid that comes out of your body when you go to the toilet. |
| 3. influencer | c. An animal or person that eats only meat. |
| 4. chemicals | d. Very shocked or scared by something bad. |
| 5. urine | e. To be in a place or situation that you did not plan to be in. |
| 6. peeing | f. A person on social media who many people listen to and follow. |
| 7. horrified | g. The action of passing urine from your body. |

Paragraph 2

- | | |
|---------------|--|
| 8. popularity | h. Something you take to help you feel better when you are sick. |
| 9. benefits | i. When many people like something. |
| 10. encourage | j. Good things that happen because of something. |
| 11. dairy | k. A part of food that helps your stomach work well. |
| 12. fibre | l. Food made from milk, like cheese and yogurt. |
| 13. neglect | m. To make someone feel like they can do something. |
| 14. medicine | n. To not take care of something. |

BEFORE READING / LISTENING

From <https://breakingnewsenglish.com/2503/250320-carnivore-diet.html>

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

1. A 23-year-old woman became a carnivore to get rid of kidney stones. **T / F**
2. The woman works as a nutritionist in Dallas, Texas. **T / F**
3. Kidney stones are made of chemicals that form in the urine. **T / F**
4. The woman stuck to the carnivore diet for a year. **T / F**
5. People on social media say the carnivore diet raises our energy levels. **T / F**
6. A clinic warned that the carnivore diet lacks sufficient fibre. **T / F**
7. The article says the carnivore diet can lead to problems like diarrhoea. **T / F**
8. Lasers can help to break down kidney stones. **T / F**

2. SYNONYM MATCH: (The words in **bold** are from the news article.)

- | | |
|---------------------|------------------|
| 1. healthy | a. possibility |
| 2. ended up | b. described |
| 3. explained | c. shocked |
| 4. final | d. advantages |
| 5. horrified | e. last |
| 6. growing | f. specialists |
| 7. benefits | g. in good shape |
| 8. experts | h. drugs |
| 9. risk | i. finished |
| 10. medicine | j. increasing |

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

- | | |
|---|---------------------------|
| 1. The Internet is full of diets we can | a. in popularity |
| 2. ended up | b. chemicals in the urine |
| 3. The woman is a social media | c. products |
| 4. These are small stones made up of | d. down using lasers |
| 5. She was horrified after she passed | e. in hospital |
| 6. The carnivore diet has been growing | f. blood in her urine |
| 7. a protein-only diet raises | g. constipation |
| 8. dairy | h. follow to be healthy |
| 9. This can lead to problems like | i. your energy levels |
| 10. They can be broken | j. influencer |

GAP FILL

From <https://breakingnewsenglish.com/2503/250320-carnivore-diet.html>

The Internet is (1) _____ of diets we can follow to be healthy. A 23-year-old woman followed the carnivore diet and (2) _____ up in hospital. The woman is a social media (3) _____. She lives in Dallas, Texas. She (4) _____ in a TikTok video how the high-protein diet gave her kidney stones. These are small stones made up of (5) _____ in the urine. They cause pain when peeing. They are caused by eating too many (6) _____ foods and high-protein foods. The woman said she ate only animal-based food during her final year of college. She had two or three eggs and a (7) _____ every day. She was horrified after she passed blood in her (8) _____.

influencer
urine
chemicals
full
steak
ended
processed
explained

The carnivore diet has been growing in (9) _____ on social media. Many influencers and content creators are promoting its benefits. Some people say a protein-only diet raises your (10) _____ levels and encourages positive thinking. However, most health experts (11) _____ that eating too much meat, fish and dairy products is bad for your health. The Mayo Clinic said there is not enough (12) _____ in the diet. This can lead to problems like constipation and headaches, and increase the (13) _____ of heart disease. The woman advised her (14) _____ not to eat too much protein. She said: "Don't neglect your fibre intake." Kidney stones affect about (15) _____ in ten people worldwide. They can be broken down using lasers and (16) _____.

energy
risk
popularity
one
fibre
medicine
warn
followers

LISTENING – Guess the answers. Listen to check.

From <https://breakingnewsenglish.com/2503/250320-carnivore-diet.html>

- 1) The Internet is full of diets we can follow _____
 - a. to be healthily
 - b. to be health thy
 - c. to be hell thy
 - d. to be healthy
- 2) A 23-year-old woman followed the carnivore diet and ended _____
 - a. down in hospital
 - b. up in hospital
 - c. over in hospital
 - d. at in hospital
- 3) These are small stones made up of chemicals _____
 - a. in a urine
 - b. on the urine
 - c. in the urine
 - d. in the urinal
- 4) They are caused by eating too many processed foods and _____
 - a. height-protein foods
 - b. hype-protein foods
 - c. high-protein foodies
 - d. high-protein foods
- 5) She was horrified after _____
 - a. she pasted blood
 - b. she past blood
 - c. she passed blood
 - d. she parsed blood
- 6) The carnivore diet has been growing in popularity _____
 - a. on social media
 - b. of social media
 - c. on social media
 - d. by social media
- 7) Many influencers and content creators are _____
 - a. promotion its benefits
 - b. promoting its benefits
 - c. promote in its benefits
 - d. promote tin its benefits
- 8) The Mayo Clinic said there is not enough fibre _____
 - a. on the diet
 - b. in the diet
 - c. in the dietary
 - d. in a diet
- 9) The woman advised her followers not to eat _____
 - a. too mulch protein
 - b. too more protein
 - c. too many protein
 - d. too much protein
- 10) Don't neglect your fibre intake." Kidney stones affect about one _____
 - a. in ten people
 - b. on ten people
 - c. in tent people
 - d. intent people

LISTENING – Listen and fill in the gaps

From <https://breakingnewsenglish.com/2503/250320-carnivore-diet.html>

The Internet is (1) _____ we can follow to be healthy. A 23-year-old woman followed the carnivore diet and (2) _____ hospital. The woman is a social media influencer. She lives in Dallas, Texas. She explained in a TikTok video how the high-protein diet gave her kidney stones. These are small stones made (3) _____ in the urine. They cause pain when peeing. They are caused by eating too many (4) _____ high-protein foods. The woman said she ate only animal-based food during her (5) _____ college. She had two or three eggs and a steak every day. She was horrified after she (6) _____ her urine.

The carnivore diet has been growing (7) _____ social media. Many influencers and content creators are promoting its benefits. Some people say a protein-only diet (8) _____ levels and encourages positive thinking. However, most health experts warn that eating too much meat, fish and (9) _____ bad for your health. The Mayo Clinic said there is not enough fibre in the diet. This can lead to problems (10) _____ headaches, and increase the risk of heart disease. The woman advised her followers (11) _____ too much protein. She said: "Don't neglect your fibre intake." Kidney stones affect about one in ten people worldwide. They can be broken down using (12) _____.

COMPREHENSION QUESTIONS

From <https://breakingnewsenglish.com/2503/250320-carnivore-diet.html>

1. Where did the 23-year-old woman end up?
2. What did the woman use to tell people about her experiences?
3. What are kidney stones made up of?
4. What can cause kidney stones besides high-protein foods?
5. What did the woman eat at college every day besides steak?
6. Where has the carnivore diet been growing in popularity?
7. What do some people say the carnivore diet can encourage?
8. What did a clinic say the carnivore diet can increase the risk of?
9. What did the woman advise people not to neglect?
10. What can help to break down kidney stones?

MULTIPLE CHOICE - QUIZ

From <https://breakingnewsenglish.com/2503/250320-carnivore-diet.html>

- 1) Where did the 23-year-old woman end up?
 - a) in a health charity
 - b) in hospital
 - c) in a fitness club
 - d) working at a social media company
- 2) What did the woman use to tell people about her experiences?
 - a) YouTube
 - b) Facebook
 - c) Instagram
 - d) TikTok
- 3) What are kidney stones made up of?
 - a) chemicals
 - b) proteins
 - c) fats
 - d) carbohydrates
- 4) What can cause kidney stones besides high-protein foods?
 - a) lack of exercise
 - b) low-calorie food
 - c) processed food
 - d) frozen food
- 5) What did the woman eat at college every day besides steak?
 - a) lamb and pork
 - b) two or three eggs
 - c) lots of cheese
 - d) protein shakes
- 6) Where has the carnivore diet been growing in popularity?
 - a) in poorer countries
 - b) in gyms
 - c) on social media
 - d) in hospitals
- 7) What do some people say the carnivore diet can encourage?
 - a) discipline
 - b) muscle building
 - c) better eating
 - d) positive thinking
- 8) What did a clinic say the carnivore diet can increase the risk of?
 - a) heart disease
 - b) stroke
 - c) obesity
 - d) tiredness
- 9) What did the woman advise people not to neglect?
 - a) fibre intake
 - b) sleep
 - c) eggs
 - d) steak
- 10) What can help to break down kidney stones?
 - a) exercise
 - b) lasers and medicine
 - c) sleep
 - d) steak and eggs

ROLE PLAY

From <https://breakingnewsenglish.com/2503/250320-carnivore-diet.html>

Role A – Eating Vegetables

You think eating vegetables is the best thing for your health. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least effective of these for your health of these (and why): exercise, sleep or the countryside.

Role B – Exercise

You think exercise is the best thing for your health. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least effective of these for your health of these (and why): eating vegetables, sleep or the countryside.

Role C – Sleep

You think sleep is the best thing for your health. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least effective of these for your health of these (and why): exercise, eating vegetables or the countryside.

Role D – The Countryside

You think the countryside is the best thing for your health. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least effective of these for your health of these (and why): exercise, sleep or eating vegetables.

AFTER READING / LISTENING

From <https://breakingnewsenglish.com/2503/250320-carnivore-diet.html>

1. WORD SEARCH: Look online / in your dictionary to find collocates, information on, synonyms for... the words 'kidney' and 'stone'.

kidney	stone

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none">• full• ended• explained• pain• ate• steak	<ul style="list-style-type: none">• growing• raises• fish• problems• neglect• lasers
---	---

A CARNIVORE DIET SURVEY

From <https://breakingnewsenglish.com/2503/250320-carnivore-diet.html>

Write five GOOD questions about a carnivore diet 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.

A CARNIVORE DIET DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'carnivore'?
3. What do you think of the carnivore diet?
4. What is your diet like?
5. Have you ever been on a diet?
6. What do you think of social media influencers?
7. What do you know about kidney stones?
8. How important is it to have a high-protein diet?
9. Would you like to eat steak and eggs every day?
10. What is the best kind of diet?

Woman gets kidney stones following carnivore diet – 20th March 2025
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A CARNIVORE DIET DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'diet'?
13. What do you think about what you read?
14. What do you think of diets?
15. What do you think of a high-protein diet?
16. What do you do to raise your energy levels?
17. What do you do to think positively?
18. Why is fibre important for our body?
19. How often do you take medicine?
20. What questions would you like to ask a kidney doctor?

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

LANGUAGE - CLOZE

From <https://breakingnewsenglish.com/2503/250320-carnivore-diet.html>

The Internet is full of diets we can (1) _____ to be healthy. A 23-year-old woman followed the carnivore diet and ended (2) _____ in hospital. The woman is a social media influencer. She lives in Dallas, Texas. She explained (3) _____ a TikTok video how the high-protein diet gave her kidney stones. These are small stones (4) _____ up of chemicals in the urine. They cause pain when peeing. They are caused by eating too many processed foods and high-protein foods. The woman said she ate only animal-based food (5) _____ her final year of college. She had two or three eggs and a steak every day. She was horrified after she (6) _____ blood in her urine.

The carnivore diet has been growing (7) _____ popularity on social media. Many influencers and content creators are promoting its benefits. Some people say a protein-only diet (8) _____ your energy levels and encourages positive thinking. However, most health experts warn that eating too much meat, fish and (9) _____ products is bad for your health. The Mayo Clinic said there is not enough fibre in the diet. This can lead (10) _____ problems like constipation and headaches, and increase the risk of heart disease. The woman (11) _____ her followers not to eat too much protein. She said: "Don't neglect your fibre intake." Kidney stones affect about one in ten people worldwide. They can be (12) _____ down using lasers and medicine.

Put the correct words from the table below in the above article.

- | | | | | |
|-----|--------------|------------|--------------|------------|
| 1. | (a) eat | (b) stalk | (c) chase | (d) follow |
| 2. | (a) down | (b) over | (c) on | (d) up |
| 3. | (a) at | (b) in | (c) of | (d) by |
| 4. | (a) given | (b) eaten | (c) made | (d) dieted |
| 5. | (a) among | (b) for | (c) during | (d) while |
| 6. | (a) passed | (b) past | (c) parsed | (d) pasted |
| 7. | (a) at | (b) in | (c) on | (d) by |
| 8. | (a) raises | (b) rises | (c) arises | (d) risen |
| 9. | (a) daily | (b) dairy | (c) diary | (d) dreary |
| 10. | (a) up | (b) over | (c) to | (d) from |
| 11. | (a) advisory | (b) advice | (c) advised | (d) advise |
| 12. | (a) break | (b) breaks | (c) breaking | (d) broken |

SPELLING

From <https://breakingnewsenglish.com/2503/250320-carnivore-diet.html>

Paragraph 1

1. The woman is a social media lcirenfune
2. small stones made up of cmhieclas
3. sdocpseer foods
4. high- toprein foods
5. she ate only animal- sdeba food
6. she passed blood in her neriu

Paragraph 2

7. growing in typirolupa
8. promoting its tifenbes
9. gusrnoeace positive thinking
10. yadri products
11. problems like constipation and sceaehadh
12. broken down using lasers and enicidem

PUT THE TEXT BACK TOGETHER

From <https://breakingnewsenglish.com/2503/250320-carnivore-diet.html>

Number these lines in the correct order.

- () based food during her final year of college. She had two or three eggs and a steak every
- () creators are promoting its benefits. Some people say a protein-only diet raises your energy levels and encourages positive
- () day. She was horrified after she passed blood in her urine.
- () explained in a TikTok video how the high-protein diet gave her kidney stones. These are small stones made up
- () in ten people worldwide. They can be broken down using lasers and medicine.
- () of chemicals in the urine. They cause pain when peeing. They are caused by eating
- () products is bad for your health. The Mayo Clinic said there is not enough fibre in the diet. This can lead
- () The carnivore diet has been growing in popularity on social media. Many influencers and content
- (**1**) The Internet is full of diets we can follow to be healthy. A 23-year-old woman followed the carnivore diet and ended
- () thinking. However, most health experts warn that eating too much meat, fish and dairy
- () to eat too much protein. She said: "Don't neglect your fibre intake." Kidney stones affect about one
- () to problems like constipation and headaches, and increase the risk of heart disease. The woman advised her followers not
- () too many processed foods and high-protein foods. The woman said she ate only animal-
- () up in hospital. The woman is a social media influencer. She lives in Dallas, Texas. She

PUT THE WORDS IN THE RIGHT ORDER

From <https://breakingnewsenglish.com/2503/250320-carnivore-diet.html>

1. The follow to is diets full of Internet .
2. The media social a influencer is woman .
3. The diet high-protein her stones kidney gave .
4. These made up of are small chemicals stones .
5. She horrified blood passed she after was .
6. The diet popularity in growing been has carnivore .
7. A protein-only raises energy diet your levels .
8. There in fibre enough not diet the is .
9. This like to can problems lead constipation .
10. They down broken lasers using be can .

CIRCLE THE CORRECT WORD (20 PAIRS)

From <https://breakingnewsenglish.com/2503/250320-carnivore-diet.html>

The Internet is full of diets we can *allow / follow* to be healthy. A 23-year-old woman followed the carnivore diet and ended *up / down* in hospital. The woman is a social media *influencer / influence*. She lives in Dallas, Texas. She explained *in / on* a TikTok video how the high-protein diet *made / gave* her kidney stones. These are small stones made up of chemicals in the *urinal / urine*. They cause pain when peeing. They are caused *by / at* eating too many processed foods and high-protein foods. The woman said she ate only animal-*based / basted* food during her final year of college. She had two or three eggs and a *stake / steak* every day. She was horrified after she *past / passed* blood in her urine.

The carnivore diet has been *grown / growing* in popularity on social media. Many influencers and content creators are promoting its *benefits / beneficial*. Some people say a protein-only diet raises your energy levels and encourages positive thinking. However, *must / most* health experts warn that eating too *many / much* meat, fish and dairy products is bad *for / by* your health. The Mayo Clinic said there is not *plenty / enough* fibre in the diet. This can lead to problems *like / such* constipation and headaches, and increase the risk of heart disease. The woman *advised / advice* her followers not to eat too much protein. She said: "Don't neglect your fibre intake." Kidney stones affect about one *on / in* ten people worldwide. They can be broken down *uses / using* lasers and medicine.

Talk about the connection between each pair of words in italics, and why the correct word is correct. Look up the definition of new words.

INSERT THE VOWELS (a, e, i, o, u)

From <https://breakingnewsenglish.com/2503/250320-carnivore-diet.html>

Th_ _nt_rn_t _s f_ll _f d__ts w_ c_n f_ll_w t_ b_ h__lthy. _ 23-y__r_ld w_m_n f_ll_w_d th_ c_rn_v_r_ d__t _nd _nd_d _p _n h_sp_t_l. Th_ w_m_n _s _ s_c__l m_d__ _nfl__nc_r. Sh_ l_v_s _n D_ll_s, T_x_s. Sh_ _xpl__n_d _n _ T_kT_k v_d__ h_w th_ h_gh-pr_t__n d__t g_v_ h_r k_dn_y st_n_s. Th_s_ _r_ sm_ll st_n_s m_d_ _p _f ch_m_c_ls _n th_ _r_n_. Th_y c__s_ p__n wh_n p__ng. Th_y _r_ c__s_d by __t_ng t__ m_ny pr_c_ss_d f__ds _nd h_gh-pr_t__n f__ds. Th_ w_m_n s__d sh_ _t_ _nly _n_m_l-b_s_d f__d d_r_ng h_r f_n_l y__r _f c_ll_g_. Sh_ h_d tw_ _r thr__ ggs _nd _ st__k _v_ry d_y. Sh_ w_s h_rr_f__d _ft_r sh_ p_ss_d bl__d _n h_r _r_n_.

Th_ c_rn_v_r_ d__t h_s b__n gr_w_ng _n p_p_l_r_ty _n s_c__l m_d__. M_ny _nfl__nc_rs _nd c__nt__nt cr__t_rs _r_ pr_m_t_ng _ts b_n_f_ts. S_m_ p__pl_ s_y _ pr_t__n-_nly d__t r__s_s y__r _n_rgy l_v_ls _nd _nc__r_g_s p_s_t_v_ th_nk_ng. H_w_v_r, m_st h__lth _xp_rts w_rn th_t __t_ng t__ m_ch m__t, f_sh _nd d__ry pr_d_cts _s b_d f_r y__r h__lth. Th_ M_y_ Cl_n_c s__d th_r_ _s n_t _n__gh f_br_ _n th_ d__t. Th_s c_n l__d t_ pr_bl_ms l_k_ c_nst_p_t__n _nd h__d_ch_s, _nd _ncr__s_ th_ r_sk _f h__rt d_s__s. Th_ w_m_n _dv_s_d h_r f_ll_w_rs n_t t_ __t t__ m_ch pr_t__n. Sh_ s__d: "D_n't n_gl_ct y__r f_br_ _nt_k_." K_dn_y st_n_s _ff_ct _b__t _n_ _n t_n p__pl_ w_rldw_d_. Th_y c_n b_ br_k_n d_wn _s_ng l_s_rs _nd m_d_c_n_.

PUNCTUATE THE TEXT AND ADD CAPITALS

From <https://breakingnewsenglish.com/2503/250320-carnivore-diet.html>

the internet is full of diets we can follow to be healthy a 23yearold woman followed the carnivore diet and ended up in hospital the woman is a social media influencer she lives in dallas texas she explained in a tiktok video how the highprotein diet gave her kidney stones these are small stones made up of chemicals in the urine they cause pain when peeing they are caused by eating too many processed foods and highprotein foods the woman said she ate only animalbased food during her final year of college she had two or three eggs and a steak every day she was horrified after she passed blood in her urine

the carnivore diet has been growing in popularity on social media many influencers and content creators are promoting its benefits some people say a proteinonly diet raises your energy levels and encourages positive thinking however most health experts warn that eating too much meat fish and dairy products is bad for your health the mayo clinic said there is not enough fibre in the diet this can lead to problems like constipation and headaches and increase the risk of heart disease the woman advised her followers not to eat too much protein she said dont neglect your fibre intake kidney stones affect about one in ten people worldwide they can be broken down using lasers and medicine

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2503/250320-carnivore-diet.html>

The Internet is full of diets we can follow to be healthy. A 23-year-old woman followed the carnivore diet and ended up in hospital. The woman is a social media influencer. She lives in Dallas, Texas. She explained in a TikTok video how the high-protein diet gave her kidney stones. These are small stones made up of chemicals in the urine. They cause pain when peeing. They are caused by eating too many processed foods and high-protein foods. The woman said she ate only animal-based food during her final year of college. She had two or three eggs and a steak every day. She was horrified after she passed blood in her urine. The carnivore diet has been growing in popularity on social media. Many influencers and content creators are promoting its benefits. Some people say a protein-only diet raises your energy levels and encourages positive thinking. However, most health experts warn that eating too much meat, fish and dairy products is bad for your health. The Mayo Clinic said there is not enough fibre in the diet. This can lead to problems like constipation and headaches, and increase the risk of heart disease. The woman advised her followers not to eat too much protein. She said: "Don't neglect your fibre intake." Kidney stones affect about one in ten people worldwide. They can be broken down using lasers and medicine.

HOMework

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find out more about this news story. Share what you discover with your partner(s) in the next lesson.

3. A CARNIVORE DIET: Make a poster about a carnivore diet. Show your work to your classmates in the next lesson. Did you all have similar things?

4. VEGETARIAN: Write a magazine article about all of us becoming vegetarians. Include imaginary interviews with people who are for and against this.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

5. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

6. LETTER: Write a letter to an expert on a carnivore diet. Ask him/her three questions about it. Give him/her three of your ideas on vegetarianism. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

1. c 2. e 3. f 4. a 5. b 6. g 7. d
8. i 9. j 10. m 11. l 12. k 13. n 14. h

TRUE / FALSE (p.5)

- 1 F 2 F 3 T 4 T 5 T 6 T 7 F 8 T

SYNONYM MATCH (p.5)

1. g	2. i	3. b	4. e	5. c
6. j	7. d	8. f	9. a	10. h

COMPREHENSION QUESTIONS (p.9)

1. In hospital
2. TikTok
3. Chemicals
4. Processed food
5. Two or three eggs
6. On social media
7. Positive thinking
8. Heart disease
9. Fibre intake
10. Lasers and medicine

WORDS IN THE RIGHT ORDER (p.19)

1. The Internet is full of diets to follow.
2. The woman is a social media influencer.
3. The high-protein diet gave her kidney stones.
4. These are small stones made up of chemicals.
5. She was horrified after she passed blood.
6. The carnivore diet has been growing in popularity.
7. A protein-only diet raises your energy levels.
8. There is not enough fibre in the diet.
9. This can lead to problems like constipation.
10. They can be broken down using lasers.

MULTIPLE CHOICE - QUIZ (p.10)

1. b 2. d 3. a 4. c 5. b 6. c 7. d 8. a 9. a 10. b

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)