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Level 0 – 23rd April 2026

The new 'looksmaxxing' trend could be risky

FREE online quizzes, mp3 listening and more for this lesson here:

<https://breakingnewsenglish.com/2604/260423-looksmaxxing-0.html>

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Please try Levels 1, 2 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2604/260423-looksmaxxing-0.html>

A new trend called "looksmaxxing" is making doctors worry about men. Many men want to be more handsome. However, they do some dangerous things to be more handsome. One thing is bone smashing. This changes the shape of bones in the face. Other men have cosmetic surgery or use fillers in their face.

Doctors are worried that men are damaging their mental health. Men get stressed if they worry too much about their looks. A looksmaxxing expert said looks should not be the most important thing in a man's life. A doctor said men can become very unhappy. He wants men to try ways to be happy with their looks.

Sources: <https://theticker.org/19045/science/looksmaxxing-raises-health-concerns/>
<https://wjla.com/news/local/looksmaxxing-dangerous-rise-extreme-fitness-trend-young-men-boy-kibble-clavicular-diet-warning-long-term-health-consequences-beef-rice-harmful-colorectal-cancer-warning-signs>
<https://en.wikipedia.org/wiki/Looksmaxxing>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2604/260423-looksmaxxing-0.html>

PARAGRAPH ONE:

- | | |
|-------------------------|--------------------------|
| 1. A new trend | a. be more handsome |
| 2. making doctors worry | b. face |
| 3. men want to | c. smashing |
| 4. they do some | d. shape |
| 5. One thing is bone | e. called "looksmaxxing" |
| 6. This changes the | f. surgery |
| 7. bones in the | g. about men |
| 8. men have cosmetic | h. dangerous things |

PARAGRAPH TWO:

- | | |
|-----------------------------------|---------------------|
| 1. doctors | a. important thing |
| 2. men are damaging their mental | b. too much |
| 3. Men get stressed if they worry | c. try |
| 4. A looksmaxxing | d. health |
| 5. looks should not be the most | e. very unhappy |
| 6. men can become | f. are worried |
| 7. He wants men to | g. with their looks |
| 8. be happy | h. expert |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2604/260423-looksmaxxing-0.html>

A (1) _____ "looksmaxxing" is making doctors (2) _____. Many men want to be more handsome. However, (3) _____ dangerous things to (4) _____. One thing is bone smashing. This (5) _____ of bones in the face. Other men have cosmetic surgery or use (6) _____ face.

Doctors are worried that men (7) _____ mental health. Men (8) _____ they worry too much (9) _____. A looksmaxxing expert said looks should not be (10) _____ thing in a man's life. A doctor said men can (11) _____. He wants men to try ways to be happy (12) _____.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2604/260423-looksmaxxing-0.html>

A new trend called "looksmaxxing" is making doctors worry about men. Many men want to be more handsome. However, they do some dangerous things to be more handsome. One thing is bone smashing. This changes the shape of bones in the face. Other men have cosmetic surgery or use filler in their face. Doctors are worried that men are damaging their mental health. Men get stressed if they worry too much about their looks. A looksmaxxing expert said looks should not be the most important thing in a man's life. A doctor said men can become very unhappy. He wants men to try ways to be happy with their looks.

LOOKS

From <https://breakingnewsenglish.com/2604/260423-looksmaxxing-0.html>

Write five GOOD questions about looks 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) _____

