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**Level 1** – 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-1.html>

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Please try Levels 0, 2 and 3. They are (a little) harder.

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# THE READING

From <https://breakingnewsenglish.com/2604/260423-looksmaxxing-1.html>

A new trend called "looksmaxxing" is making doctors worry about men. Many men want to "maximize" their looks. They want a handsome face and good body. They use some dangerous methods to get these. One method is bone smashing. This changes the shape of bones in the face. Men do this to look stronger. Other men have cosmetic surgery. They use fillers in their cheeks, under their eyes, and in their lips. These things can make men look younger.

Doctors are worried that men are damaging their health. Things can go wrong with bone smashing. Mental health experts say men can get stressed if they worry about their looks. An expert on looksmaxxing said looks are the most important thing in some men's lives. Another doctor warned that men can fall "into the trap of dissatisfaction". He hopes men will try new ways to be satisfied 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-1.html>

## PARAGRAPH ONE:

- |                              |                   |
|------------------------------|-------------------|
| 1. A new trend called        | a. cheeks         |
| 2. doctors worry             | b. their looks    |
| 3. men want to "maximize"    | c. look younger   |
| 4. They want a handsome      | d. "looksmaxxing" |
| 5. the shape of bones        | e. surgery        |
| 6. Other men have cosmetic   | f. about men      |
| 7. They use fillers in their | g. in the face    |
| 8. These things can make men | h. face           |

## PARAGRAPH TWO:

- |                       |                      |
|-----------------------|----------------------|
| 1. mental health      | a. stressed          |
| 2. men can get        | b. try new ways      |
| 3. they worry         | c. important thing   |
| 4. An expert          | d. experts           |
| 5. looks are the most | e. with their looks  |
| 6. fall into the      | f. about their looks |
| 7. He hopes men will  | g. on looksmaxxing   |
| 8. be satisfied       | h. trap              |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2604/260423-looksmaxxing-1.html>

A (1) \_\_\_\_\_ "looksmaxxing" is making doctors worry about men. Many men (2) \_\_\_\_\_ their looks. They want a handsome face and good body. They use some dangerous (3) \_\_\_\_\_ these. One method is bone smashing. This changes the (4) \_\_\_\_\_ in the face. Men do this to look stronger. Other men have cosmetic surgery. They use fillers (5) \_\_\_\_\_, under their eyes, and in their lips. These things can make (6) \_\_\_\_\_.

Doctors are worried that men (7) \_\_\_\_\_ health. Things can (8) \_\_\_\_\_ bone smashing. Mental health experts say men can get stressed if they worry (9) \_\_\_\_\_. An expert on looksmaxxing said looks are the (10) \_\_\_\_\_ in some men's lives. Another doctor warned that men can fall "into (11) \_\_\_\_\_ dissatisfaction". He hopes men will try new ways to (12) \_\_\_\_\_ their looks.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2604/260423-looksmaxxing-1.html>

A new trend called "looksmaxxing" is making doctors worry about men. Many men want to "maximize" their looks. They want a handsome face and good body. They use some dangerous methods to get these. One method is bonesmashing. This changes the shape of bones in the face. Men do this to look stronger. Other men have cosmetic surgery. They use fillers in their cheeks, under their eyes, and in their lips. These things can make men look younger. Doctors are worried that men are damaging their health. This can go wrong with bonesmashing. Mental health experts say men can get stressed if they worry about their looks. An expert on looksmaxxing said looks are the most important thing in some men's lives. Another doctor warned that men can fall "into the trap of dissatisfaction". He hopes men will try new ways to be satisfied with their looks.

# LOOKS SURVEY

From <https://breakingnewsenglish.com/2604/260423-looksmaxxing-4.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) \_\_\_\_\_

