

# Breaking News English.com

Ready-to-Use English Lessons by Sean Banville

**"1,000 IDEAS & ACTIVITIES  
FOR LANGUAGE TEACHERS"**

[breakingnewsenglish.com/book.html](http://breakingnewsenglish.com/book.html)

**Thousands more free lessons  
from Sean's other websites**

[www.freeeslmaterials.com/sean\\_banville\\_lessons.html](http://www.freeeslmaterials.com/sean_banville_lessons.html)

**Level 2** – 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-2.html>

### Contents

The Reading	2
Phrase Matching	3
Listening Gap Fill	4
No Spaces	5
Survey	6
Writing and Speaking	7
Writing	8

Please try Levels 0, 1 and 3. They are (a little) harder.

X (Twitter)



[X.com/SeanBanville](https://x.com/SeanBanville)

Facebook



[www.facebook.com/pages/BreakingNewsEnglish/155625444452176](https://www.facebook.com/pages/BreakingNewsEnglish/155625444452176)

# THE READING

From <https://breakingnewsenglish.com/2604/260423-looksmaxxing-2.html>

A new trend is causing doctors to worry about men. The trend is called "looksmaxxing". Men want to "maximize" their looks. They want to have a more attractive face and body. They use some dangerous methods to do this. One method is bone smashing. This is putting pressure on bones in the face to change their shape. Men do this to get a square "power jaw". They want to look stronger. Other men are having cosmetic surgery. They are also using fillers in their cheeks, under their eyes, and in their lips. These things can remove wrinkles and make men look younger.

Doctors are worried that men are damaging their physical and mental health. Things can go wrong with bone smashing and cosmetic surgery. Mental health experts say men can develop anxiety if they worry about their looks. An expert on looksmaxxing said problems start for men when looks become the most important thing in their lives. A doctor in California warned that many men are falling "into the trap of dissatisfaction and low self-esteem". He hopes men will "focus on more sustainable ways to generate their self-esteem".

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-2.html>

## PARAGRAPH ONE:

- |                                    |                      |
|------------------------------------|----------------------|
| 1. A new trend is causing doctors  | a. pressure on bones |
| 2. They want to have a more        | b. surgery           |
| 3. They use some dangerous methods | c. younger           |
| 4. This is putting                 | d. attractive face   |
| 5. men are having cosmetic         | e. in their cheeks   |
| 6. using fillers                   | f. to do this        |
| 7. These things can remove         | g. to worry          |
| 8. make men look                   | h. wrinkles          |

## PARAGRAPH TWO:

- |                             |                      |
|-----------------------------|----------------------|
| 1. damaging their physical  | a. in their lives    |
| 2. Things can go            | b. experts           |
| 3. mental health            | c. about their looks |
| 4. men can develop          | d. trap              |
| 5. they worry               | e. and mental health |
| 6. the most important thing | f. esteem            |
| 7. men are falling into the | g. wrong             |
| 8. low self-                | h. anxiety           |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2604/260423-looksmaxxing-2.html>

A new (1) \_\_\_\_\_ doctors to worry about men. The trend is called "looksmaxxing". Men want to "maximize" their looks. They want to have (2) \_\_\_\_\_ face and body. They use some dangerous methods to do this. One method is bone smashing. This is (3) \_\_\_\_\_ bones in the face to change their shape. Men do this to get a square "power jaw". They want (4) \_\_\_\_\_. Other men are having cosmetic surgery. They are also using fillers in their cheeks, under their eyes, and (5) \_\_\_\_\_. These things can remove wrinkles and make (6) \_\_\_\_\_.

Doctors are worried that men (7) \_\_\_\_\_ physical and mental health. Things can go wrong with bone smashing (8) \_\_\_\_\_. Mental health experts say men can develop (9) \_\_\_\_\_ worry about their looks. An expert on looksmaxxing said problems start for men when looks become (10) \_\_\_\_\_ thing in their lives. A doctor in California warned that many men are falling "into the trap of dissatisfaction and (11) \_\_\_\_\_". He hopes men will "focus on more sustainable (12) \_\_\_\_\_ their self-esteem".

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2604/260423-looksmaxxing-2.html>

A new trend is causing doctors to worry about men. The trend is called "looksmaxxing". Men want to "maximize" their looks. They want to have a more attractive face and body. They use some dangerous methods to do this. One method is bone smashing. This is putting pressure on bones in the face to change their shape. Men do this to get a square "power jaw". They want to look stronger. Other men are having cosmetic surgery. They are also using fillers in their cheeks, under their eyes, and in their lips. These things can remove wrinkles and make men look younger. Doctors are worried that men are damaging their physical and mental health. Things can go wrong with bone smashing and cosmetic surgery. Mental health experts say men can develop anxiety if they worry about their looks. An expert on looksmaxxing said problems start for men when looks become the most important thing in their lives. A doctor in California warned that many men are falling "into the trap of dissatisfaction and low self-esteem". He hopes men will "focus on more sustainable ways to generate their self-esteem".

# LOOKS SURVEY

From <https://breakingnewsenglish.com/2604/260423-looksmaxxing-2.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) \_\_\_\_\_

*The new 'looksmaxxing' trend could be risky – 23rd April 2026*  
More free lessons at [breakingnewsenglish.com](http://breakingnewsenglish.com)

---

## WRITE QUESTIONS & ASK YOUR PARTNER(S)

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

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

d) \_\_\_\_\_

e) \_\_\_\_\_

f) \_\_\_\_\_

