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Level 0 – 6th August 2026

Eating less protein could help you live longer

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

<https://breakingnewsenglish.com/2608/260806-protein-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/2608/260806-protein-0.html>

A lot of food can shorten our lives. Eating protein could do this. Scientists tell us that meat and dairy products help us live longer. However, researchers found eating protein without exercising increases body fat. People who eat more protein have a higher chance of getting cancer, heart disease, and even a shorter life.

Protein is an important part of our diet. It is in meat, fish, dairy products, and eggs. It is also in beans, nuts, and tofu. Supermarkets are full of protein-packed food. Many people eat too much of it. A researcher said most people sit down a lot, so they probably eat too much protein. This is bad for our health.

Sources: <https://health.yahoo.com/wellness/nutrition/articles/eating-less-protein-could-help-150000857.html>
https://www.huffingtonpost.co.uk/entry/reduce-protein-intake-healthy-ageing-study_uk_6a6b5520e4b0fddbd71349cb
<https://www.telegraph.co.uk/health-fitness/diet/nutrition/why-eating-too-much-protein-could-shorten-your-life/>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2608/260806-protein-0.html>

PARAGRAPH ONE:

- | | |
|-------------------------------|---------------|
| 1. a lot | a. cancer |
| 2. shorten our | b. do this |
| 3. Eating protein could | c. longer |
| 4. meat and dairy | d. of food |
| 5. help us live | e. exercising |
| 6. eating protein without | f. disease |
| 7. a higher chance of getting | g. lives |
| 8. heart | h. products |

PARAGRAPH TWO:

- | | |
|--------------------------------------|-------------------|
| 1. Protein is an important part | a. much of it |
| 2. dairy | b. in beans |
| 3. It is also | c. down a lot |
| 4. Supermarkets are full of protein- | d. of our diet |
| 5. Many people eat too | e. eat too much |
| 6. most people sit | f. products |
| 7. they probably | g. for our health |
| 8. This is bad | h. packed food |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2608/260806-protein-0.html>

A lot of food (1) _____ lives. Eating protein (2) _____. Scientists tell us that meat and dairy products help (3) _____. However, researchers found (4) _____ exercising increases body fat. People who eat more protein (5) _____ chance of getting cancer, heart disease, (6) _____ shorter life.

Protein is an important part (7) _____. It is in meat, fish, (8) _____ eggs. It is also in (9) _____ tofu. Supermarkets are full of protein-packed food. Many people eat (10) _____ it. A researcher said most people sit (11) _____, so they probably eat too much protein. This is bad (12) _____.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2608/260806-protein-0.html>

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PROTEIN

From <https://breakingnewsenglish.com/2608/260806-protein-0.html>

Write five GOOD questions about protein 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) _____

WRITING

From <https://breakingnewsenglish.com/2608/260806-protein-0.html>

Write about **protein** for 10 minutes. Read and talk about your partner's paper.

[illegible]