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Level 1 – 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-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/2608/260806-protein-1.html>

Many things shorten our lives, including a lot of food is bad. A study says eating protein could make us age faster. Scientists often tell us that meat and dairy products help us to live longer. However, researchers found that a high-protein diet without exercise increases body fat. A researcher said people who eat more protein have a higher chance of getting cancer, diabetes, heart disease, and even a shorter life.

Protein is an important part of our diet. It helps us to build muscle. Protein is in food like meat, fish, dairy products, and eggs. Vegetarians find it in beans, nuts, and tofu. Many people eat too much protein. Supermarkets are full of protein-packed food. Eating this could shorten our lives. The researcher said most people sit down a lot, so they are more likely to eat too much protein. He said this probably has "negative health consequences".

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-1.html>

PARAGRAPH ONE:

- | | |
|---------------------------------|---------------------|
| 1. Many things shorten | a. getting cancer |
| 2. a lot of food | b. our lives |
| 3. eating protein could make us | c. diet |
| 4. meat and dairy | d. age faster |
| 5. a high-protein | e. is bad |
| 6. people who | f. disease |
| 7. a higher chance of | g. eat more protein |
| 8. heart | h. products |

PARAGRAPH TWO:

- | | |
|----------------------------------|---------------------|
| 1. Protein is an important | a. much protein |
| 2. It helps us to build | b. products |
| 3. dairy | c. to eat |
| 4. Vegetarians find it in beans, | d. packed food |
| 5. Many people eat too | e. part of our diet |
| 6. full of protein- | f. nuts, and tofu |
| 7. they are more likely | g. consequences |
| 8. negative health | h. muscle |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2608/260806-protein-1.html>

Many ⁽¹⁾ _____ lives, including a lot of food is bad. A study says eating protein could make ⁽²⁾ _____. Scientists often tell us that meat and ⁽³⁾ _____ us to live longer. However, researchers found that a high-protein diet without exercise ⁽⁴⁾ _____. A researcher said people who eat more protein ⁽⁵⁾ _____ chance of getting cancer, diabetes, ⁽⁶⁾ _____ even a shorter life.

Protein is an ⁽⁷⁾ _____ our diet. It helps us to build muscle. Protein is in food like meat, fish, ⁽⁸⁾ _____ eggs. Vegetarians find it in beans, nuts, and tofu. Many people eat ⁽⁹⁾ _____. Supermarkets are full of protein-packed food. Eating this could ⁽¹⁰⁾ _____. The researcher said most people sit down a lot, so they are ⁽¹¹⁾ _____ eat too much protein. He said this ⁽¹²⁾ _____ health consequences".

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2608/260806-protein-1.html>

Many things shorten our lives, including a lot of food is bad. A study says eating protein could make us age faster. Scientists often tell us that meat and dairy products help us to live longer. However, researchers found that a high-protein diet without exercise increases body fat. A researcher said people who eat more protein have a higher chance of getting cancer, diabetes, heart disease, and even a shorter life. Protein is an important part of our diet. It helps us to build muscle. Protein is in food like meat, fish, dairy products, and eggs. Vegetarians find it in beans, nuts, and tofu. Many people eat too much protein. Supermarkets are full of protein-packed food. Eating this could shorten our lives. The researcher said most people sit down a lot, so they are more likely to eat too much protein. He said this probably has "negative health consequences".

PROTEIN SURVEY

From <https://breakingnewsenglish.com/2608/260806-protein-4.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-1.html>

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

[illegible]