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Level 2 – 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-2.html>

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

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THE READING

From <https://breakingnewsenglish.com/2608/260806-protein-2.html>

Many things can shorten our lives. In particular, a lot of food is bad for us. A new study says eating protein could make us age faster. This is the opposite to what we have been told. Scientists tell us that meat and dairy products help us to live longer. The new study is from a university in the USA. Researchers found that a high-protein diet without exercise increases body fat in just four months. A researcher said people who eat more protein tend to have a higher chance of getting cancer, diabetes, cardiovascular disease, and even a shorter life.

Protein is an important part of our diet. It helps us to build muscle and keep our bodies strong. Protein is in many foods, including meat, fish, dairy products, and eggs. Vegetarians can find protein in beans, lentils, nuts, and tofu. Many people are eating too much protein. Supermarkets are full of protein-packed food and energy bars. Eating these could be shortening our lives. The researcher said because most people sit down a lot, they are more likely to eat more protein than they need. 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-2.html>

PARAGRAPH ONE:

- | | |
|------------------------------|----------------------|
| 1. Many things can shorten | a. have been told |
| 2. eating protein could make | b. fat |
| 3. the opposite to what we | c. disease |
| 4. meat and dairy | d. protein diet |
| 5. a high- | e. our lives |
| 6. increases body | f. us age faster |
| 7. have a higher chance | g. products |
| 8. cardiovascular | h. of getting cancer |

PARAGRAPH TWO:

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

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2608/260806-protein-2.html>

Many things can (1) _____. In particular, a lot of food is bad for us. A new study says eating protein could make us age faster. This is (2) _____ what we have been told. Scientists tell us that meat and dairy products help us (3) _____. The new study is from a university in the USA. Researchers found that a high-protein diet without exercise (4) _____ in just four months. A researcher said people who eat more (5) _____ have a higher chance of getting cancer, diabetes, cardiovascular (6) _____ a shorter life.

Protein is an (7) _____ our diet. It helps us to build muscle and keep our bodies strong. Protein is in many foods, including meat, fish, (8) _____ eggs. Vegetarians can find (9) _____, lentils, nuts, and tofu. Many people are eating too much protein. Supermarkets are full of (10) _____ and energy bars. Eating these could be shortening our lives. The researcher said because most people sit down a lot, they are (11) _____ eat more protein than they need. He said this (12) _____ health consequences".

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2608/260806-protein-2.html>

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PROTEIN SURVEY

From <https://breakingnewsenglish.com/2608/260806-protein-2.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-2.html>

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

[illegible]