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Level 3 – 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.html>

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Please try Levels 0, 1 and 2 (they are easier).

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THE ARTICLE

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

There are many things that can shorten our lives. In particular, many kinds of food are bad for us. A new study suggests eating protein could make us age faster. This is the opposite to what we have been told for decades. Scientists usually tell us that eating meat and dairy products helps us to live longer. The new study is from the University of Wisconsin-Madison in the USA. Researchers found that a high-protein diet without exercise leads to an increase in body fat in only four months. Professor Dudley Lamming said: "People who are eating more protein tend to have higher rates of developing cancer, diabetes, cardiovascular disease, and even potentially a shorter lifespan."

Protein is an essential part of our diet. It is made up of amino acids. These help us build muscle and keep our bodies strong. We can find protein in many foods, including in meat, fish, dairy products, and eggs. If people eat a vegetarian diet, they can find protein in beans, lentils, nuts, and tofu. In many parts of the world, people are eating too much protein. Supermarkets are full of protein-packed food, protein powder, and energy bars. Consuming these could be reducing our longevity. Professor Lamming said: "Because most people are relatively sedentary, they are likely consuming more protein than they actually need, which 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/>

WARM-UPS

1. DIET: Students walk around the class and talk to other students about your diet. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

food that is bad / age / meat / dairy products / protein / diet / exercise / fat / cancer / amino acids / muscle / fish / beans / nuts / tofu / supermarkets / energy bars / health

Have a chat about the topics you liked. Change topics and partners frequently.

3. VEGETARIAN: Students A **strongly** believe we should all be vegetarians; Students B **strongly** believe the opposite. Change partners again and talk about your conversations.

4. DAIRY PRODUCTS: What do you know about these dairy products? What do you think of them? Complete this table with your partner(s). Change partners often and share what you wrote.

	What I Know	What I Think
Milk		
Butter		
Cheese		
Cream		
Yoghurt		
Ice cream		

5. DIRT: Spend one minute writing down all of the different words you associate with the word "diet". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

6. PROTEIN: Rank these with your partner. Put the best food at the top. Change partners often and share your rankings.

- Beef
- Chicken
- Beans
- Cheese
- Nuts
- Salmon
- Tofu
- Eggs

VOCABULARY MATCHING

Paragraph 1

- | | |
|------------------|---|
| 1. shorten | a. To make something become shorter or last for less time. |
| 2. in particular | b. A serious disease in which harmful cells grow in the body. |
| 3. opposite | c. Especially. |
| 4. decades | d. To usually do something or happen in a certain way. |
| 5. tend to | e. Completely different from something else. |
| 6. cancer | f. Periods of ten years. |
| 7. lifespan | g. The length of time that a person lives. |

Paragraph 2

- | | |
|------------------|--|
| 8. essential | h. A long life. |
| 9. muscle | i. Eating or drinking something. |
| 10. dairy | j. Very important and necessary. |
| 11. consuming | k. Spending a lot of time sitting and not being very active. |
| 12. longevity | l. The part of the body that helps you move. |
| 13. sedentary | m. The results or effects of an action or event. |
| 14. consequences | n. Foods made from milk. |

BEFORE READING / LISTENING

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

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

1. The article says all food can shorten our lives. **T / F**
2. The article says eating protein could make us get old more quickly. **T / F**
3. A new study suggests the opposite to what scientists once believed. **T / F**
4. Eating protein could mean a higher change of getting heart disease. **T / F**
5. Protein is made up of citric and acetic acid. **T / F**
6. The article says protein is in lentils and tofu. **T / F**
7. The article says supermarkets are full of food packed with protein. **T / F**
8. A professor said most people get a lot of exercise. **T / F**

2. SYNONYM MATCH: (The words in **bold** are from the news article.)

- | | |
|-------------------------|-----------------|
| 1. in particular | a. eating |
| 2. age | b. getting |
| 3. opposite | c. important |
| 4. developing | d. sitting |
| 5. even | e. especially |
| 6. essential | f. results |
| 7. reducing | g. surprisingly |
| 8. sedentary | h. grow old |
| 9. consuming | i. cutting |
| 10. consequences | j. reverse |

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

- | | |
|--------------------------------------|----------------------|
| 1. There are many things that can | a. disease |
| 2. eating protein could make | b. told for decades |
| 3. the opposite to what we have been | c. diet |
| 4. meat and dairy | d. sedentary |
| 5. cardiovascular | e. shorten our lives |
| 6. Protein is an essential | f. products |
| 7. eat a vegetarian | g. part of our diet |
| 8. supermarkets are full of protein- | h. us age faster |
| 9. most people are relatively | i. actually need |
| 10. consuming more protein than they | j. packed food |

GAP FILL

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

There are many things that can (1) _____ our lives. In particular, many kinds of food are bad for us. A new study suggests eating protein could make us (2) _____ faster. This is the opposite to what we have been told for (3) _____. Scientists usually tell us that eating meat and dairy products helps us to live (4) _____. The new study is from the University of Wisconsin-Madison in the USA. Researchers found that a high-protein (5) _____ without exercise leads to an increase in body (6) _____ in only four months. Professor Dudley Lamming said: "People who are eating more protein (7) _____ to have higher rates of developing cancer, diabetes, cardiovascular (8) _____, and even potentially a shorter lifespan."

fat
longer
age
disease
shorten
diet
tend
decades

Protein is an essential (9) _____ of our diet. It is made up of amino acids. These help us build (10) _____ and keep our bodies strong. We can find protein in many foods, including in meat, fish, dairy (11) _____, and eggs. If people eat a vegetarian diet, they can find protein in beans, lentils, (12) _____, and tofu. In many parts of the world, people are eating too much protein. Supermarkets are full of protein-packed food, protein powder, and energy (13) _____. Consuming these could be reducing our (14) _____. Professor Lamming said: "Because most people are relatively sedentary, they are (15) _____ consuming more protein than they actually need, which probably has (16) _____ health consequences."

bars
likely
muscle
nuts
part
negative
longevity
products

LISTENING – Guess the answers. Listen to check.

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

- 1) There are many things that can _____
 - a. shorten our alive
 - b. shorter our lives
 - c. shore ten our lives
 - d. short ten our lives
- 2) A new study suggests eating protein could make _____
 - a. usage faster
 - b. us age fasts
 - c. us age faster
 - d. us aged faster
- 3) This is the opposite to what we have been _____
 - a. told for decades
 - b. told four decades
 - c. told fore decades
 - d. told ford decades
- 4) a high-protein diet without exercise leads to an increase _____
 - a. in bodily fat
 - b. in body fat
 - c. embody fat
 - d. an body fat
- 5) People who are eating more protein tend to have higher rates _____
 - a. of develop in cancer
 - b. off developing cancer
 - c. of developing cancer
 - d. of develop ping cancer
- 6) Protein is an essential part _____
 - a. off our diet
 - b. offer diet
 - c. of hour diet
 - d. of our diet
- 7) We can find protein in many foods, _____
 - a. include din in meat
 - b. include in in meat
 - c. including on meat
 - d. including in meat
- 8) In many parts of the world, people are eating _____
 - a. too mulch protein
 - b. tomb much protein
 - c. too much protein
 - d. to much protein
- 9) Consuming these could be _____
 - a. reduce in our longevity
 - b. reduce sin our longevity
 - c. reducing our longevity
 - d. deducing our longevity
- 10) they are likely consuming more protein than _____
 - a. they actual need
 - b. they actual need
 - c. they actually need
 - d. they actually needs

LISTENING – Listen and fill in the gaps

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

There are many things that can (1) _____. In particular, many kinds of food are bad for us. A new study suggests eating protein could make (2) _____. This is the opposite to what we have been told for decades. Scientists usually tell us that eating (3) _____ products helps us to live longer. The new study is from the University of Wisconsin-Madison in the USA. Researchers found that a high-protein diet without exercise (4) _____ increase in body fat in only four months. Professor Dudley Lamming said: "People who are eating more protein (5) _____ higher rates of developing cancer, diabetes, cardiovascular disease, and (6) _____ shorter lifespan."

Protein is (7) _____ of our diet. It is made up of amino acids. These help us (8) _____ keep our bodies strong. We can find protein in many foods, including in meat, fish, dairy products, and eggs. If people eat (9) _____, they can find protein in beans, lentils, nuts, and tofu. In many parts of the world, people are eating too much protein. Supermarkets are full of (10) _____, protein powder, and energy bars. Consuming these could (11) _____ longevity. Professor Lamming said: "Because most people are relatively sedentary, they are likely consuming more protein than they actually need, which probably (12) _____ consequences."

COMPREHENSION QUESTIONS

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

1. What in particular does the article say is bad for us?
2. What does a new study say could make us age faster?
3. Who has told us that that eating meat and dairy helps us to live longer?
4. What does a high-protein diet and no exercise lead to?
5. What problems could eating protein create besides cancer and diabetes?
6. What is protein made up of?
7. Who can find protein in tofu, nuts, and beans?
8. What does the article say is full of protein-packed food?
9. What did a professor say most people were?
10. What health consequences does eating too much protein have?

MULTIPLE CHOICE - QUIZ

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

- 1) What in particular does the article say is bad for us?
 - a) meat
 - b) many kinds of food
 - c) processed foods
 - d) ultra-processed foods
- 2) What does a new study say could make us age faster?
 - a) a lack of sleep
 - b) stress
 - c) eating processed foods
 - d) eating protein
- 3) Who has told us that that eating meat and dairy helps us to live longer?
 - a) farmers
 - b) nutritionists
 - c) scientists
 - d) doctors
- 4) What does a high-protein diet and no exercise lead to?
 - a) an increase in body fat
 - b) memory loss
 - c) hair loss
 - d) headaches
- 5) What problems could eating protein create besides cancer and diabetes?
 - a) a bad back
 - b) cardiovascular disease
 - c) difficulties breathing
 - d) an increase in smartphone use
- 6) What is protein made up of?
 - a) amino acids
 - b) fats
 - c) carbohydrates
 - d) white cells
- 7) Who can find protein in tofu, nuts, and beans?
 - a) chefs
 - b) children
 - c) vegetarians
 - d) supermarket owners
- 8) What does the article say is full of protein-packed food?
 - a) supermarkets
 - b) restaurants
 - c) vending machines
 - d) food magazines
- 9) What did a professor say most people were?
 - a) constantly full
 - b) greedy
 - c) hungry
 - d) sedentary
- 10) What health consequences does eating too much protein have?
 - a) worrying consequences
 - b) positive consequences
 - c) negative consequences
 - d) healthy consequences

ROLE PLAY

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

Role A – Beef

You think beef is the best source of protein. Tell the others three reasons why. Tell them what is wrong with their food. Also, tell the others which is the least nice of these (and why): beans, nuts or eggs.

Role B – Beans

You think beans are the best source of protein. Tell the others three reasons why. Tell them what is wrong with their food. Also, tell the others which is the least nice of these (and why): beef, nuts or eggs.

Role C – Nuts

You think nuts are the best source of protein. Tell the others three reasons why. Tell them what is wrong with their food. Also, tell the others which is the least nice of these (and why): beans, beef or eggs.

Role D – Eggs

You think eggs are the best source of protein. Tell the others three reasons why. Tell them what is wrong with their food. Also, tell the others which is the least nice of these (and why): beans, nuts or beef.

AFTER READING / LISTENING

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

1. WORD SEARCH: Look online / in your dictionary to find collocates, information on, synonyms for... the words 'protein' and 'ageing'.

protein	ageing

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

• things • opposite • usually • high • four • even	• build • beans • full • bars • reducing • actually
--	---

PROTEIN SURVEY

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

PROTEIN DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'protein'?
3. What do you know about protein?
4. How much protein do you eat?
5. What food do you eat that is bad for you?
6. What dairy products do you like and dislike?
7. What problems does too much body fat cause?
8. Do you worry about diseases?
9. What do you do to live a long and healthy life?
10. How old do you want to live to be?

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PROTEIN DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'ageing'?
13. What do you think about what you read?
14. What do you do for your muscles?
15. Which is better, fish or meat?
16. What do you think of beans, lentils, nuts, and tofu?
17. What are the bad things about a sedentary lifestyle?
18. Why is it important to exercise?
19. What do you need to change about your lifestyle?
20. What questions would you like to ask the researchers?

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

LANGUAGE - CLOZE

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

There are many things that can (1) _____ our lives. In particular, many kinds of food are bad for us. A new study suggests eating protein could make us (2) _____ faster. This is the opposite to what we have been told for decades. Scientists usually tell us (3) _____ eating meat and dairy products helps us to live longer. The new study is from the University of Wisconsin-Madison in the USA. Researchers found that a high-protein diet without exercise leads (4) _____ an increase in body fat in only four months. Professor Dudley Lamming said: "People who are (5) _____ more protein tend to have higher rates of developing cancer, diabetes, cardiovascular disease, and (6) _____ potentially a shorter lifespan."

Protein is an essential part (7) _____ our diet. It is made up of amino acids. These help us build muscle and keep our bodies strong. We can find protein in many foods, including in meat, fish, (8) _____ products, and eggs. If people eat a vegetarian diet, they can (9) _____ protein in beans, lentils, nuts, and tofu. In many parts of the world, people are eating too (10) _____ protein. Supermarkets are full of protein-packed food, protein powder, and energy bars. Consuming these could be reducing our longevity. Professor Lamming said: "Because most people are (11) _____ sedentary, they are likely consuming more protein than they actually need, which (12) _____ has negative health consequences."

Put the correct words from the table below in the above article.

- | | | | | |
|-----|--------------|-----------------|----------------|----------------|
| 1. | (a) shorts | (b) short | (c) shorter | (d) shorten |
| 2. | (a) birth | (b) old | (c) years | (d) age |
| 3. | (a) for | (b) that | (c) what | (d) so |
| 4. | (a) of | (b) at | (c) to | (d) for |
| 5. | (a) eaten | (b) eats | (c) eating | (d) ate |
| 6. | (a) even | (b) ever | (c) evens | (d) event |
| 7. | (a) at | (b) of | (c) by | (d) to |
| 8. | (a) dairy | (b) diary | (c) daily | (d) dial |
| 9. | (a) look | (b) find | (c) search | (d) guess |
| 10. | (a) most | (b) many | (c) much | (d) more |
| 11. | (a) relative | (b) relatives | (c) relatively | (d) relativity |
| 12. | (a) probe | (b) probability | (c) probable | (d) probably |

SPELLING

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

Paragraph 1

1. in rlaurcipat
2. this is the potipseo
3. what we have been told for sceddea
4. higher rates of developing crcean
5. cardiovascular eieassd
6. a shorter lnaipfes

Paragraph 2

7. an lnsseieat part of our diet
8. these help us build lmscue
9. meat, fish, raiyd products, and eggs
10. eat a reeatvgain diet
11. reducing our einoltgvy
12. eiegtany health consequences

PUT THE TEXT BACK TOGETHER

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

Number these lines in the correct order.

- () and eggs. If people eat a vegetarian diet, they can find protein in beans, lentils, nuts, and
- () bodies strong. We can find protein in many foods, including in meat, fish, dairy products,
- () consuming more protein than they actually need, which probably has negative health consequences."
- () diabetes, cardiovascular disease, and even potentially a shorter lifespan."
- () diet without exercise leads to an increase in body fat in only four months. Professor Dudley Lamming said: "People who are
- () eating more protein tend to have higher rates of developing cancer,
- () for us. A new study suggests eating protein could make us age faster. This is the opposite to what we have been
- () longer. The new study is from the University of Wisconsin-Madison in the USA. Researchers found that a high-protein
- () longevity. Professor Lamming said: "Because most people are relatively sedentary, they are likely
- () of protein-packed food, protein powder, and energy bars. Consuming these could be reducing our
- () Protein is an essential part of our diet. It is made up of amino acids. These help us build muscle and keep our
- (**1**) There are many things that can shorten our lives. In particular, many kinds of food are bad
- () tofu. In many parts of the world, people are eating too much protein. Supermarkets are full
- () told for decades. Scientists usually tell us that eating meat and dairy products helps us to live

PUT THE WORDS IN THE RIGHT ORDER

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

1. are lives many our shorten that There things .
2. are bad food for kinds Many of us .
3. age could Eating faster make protein us .
4. been have opposite The to told we what .
5. An body fat four in increase in months .
6. an diet essential is of our part Protein .
7. and bodies build keep muscle our strong They .
8. are food full of protein-packed shelves Supermarket .
9. be Consuming could longevity our reducing these .
10. are consuming more need protein than They they .

CIRCLE THE CORRECT WORD (20 PAIRS)

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

There are many things that can *shorter* / *shorten* our lives. In particular, many kinds of food are bad for *them* / *us*. A new study suggests eating protein could make us age faster. This is the opposite *at* / *to* what we have been *told* / *telling* for decades. Scientists usually tell us that eating meat and dairy products helps us to *alive* / *live* longer. The new study is from the University of Wisconsin-Madison in the USA. Researchers found that a high-protein *dietary* / *diet* without exercise leads to an increase *in* / *on* body fat in only four months. Professor Dudley Lamming said: "People who are *eaten* / *eating* more protein tend to have higher rates *to* / *of* developing cancer, diabetes, cardiovascular disease, and even *potential* / *potentially* a shorter lifespan."

Protein is an essential part *at* / *of* our diet. It is made up of amino acids. These help us build *muscle* / *muscular* and keep our bodies strong. We can find protein *on* / *in* many foods, including in meat, fish, *diary* / *dairy* products, and eggs. If people eat a vegetarian diet, they can *find* / *fund* protein in beans, lentils, nuts, and tofu. In many parts of the world, people are eating too *many* / *much* protein. Supermarkets are full of protein-packed food, protein *power* / *powder*, and energy bars. Consuming these could be reducing our *longevity* / *long*. Professor Lamming said: "Because most people are relatively sedentary, they are *liked* / *likely* consuming more protein than they actually need, which probably *has* / *have* negative health consequences."

Talk about the connection between each pair of words in italics, and why the correct word is correct. Look up the definition of new words.

INSERT THE VOWELS (a, e, i, o, u)

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

Th_r_ _r_ m_ny th_ngs th_t c_n sh_rt_n __r l_v_s. _n p_rt_c_l_r, m_ny k_nds _f f__d _r_ b_d f_r _s. _ n_w st_dy s_gg_sts __t_ng pr_t__n c__ld m_k_ _s _g_f_st_r. Th_s _s th_ _pp_s_t_ t_ wh_t w_ h_v_ b__n t_ld f_r d_c_d_s. Sc__nt_sts _s__lly t_ll _s th_t __t_ng m__t _nd d__ry pr_d_cts h_lps _s t_ l_v_ l_ng_r. Th_ n_w st_dy _s fr_m th_ _n_v_r_s_ty _f W_sc_ns_n-M_d_s_n _n th_ _S_. R_s__rch_rs f__nd th_t _ h_gh-pr_t__n d__t w_th__t _x_rc_s_ l__ds t_ _n _ncr__s_ _n b_dy f_t _n _nly f__r m_nths. Pr_f_ss_r D_d_l_y L_mm_ng s__d: "P__pl_ wh_ _r_ __t_ng m_r_ pr_t__n t_nd t_ h_v_ h_gh_r r_t_s _f d_v_l_p_ng c_nc_r, d__b_t_s, c_rd__v_sc_l_r d_s__s_, _nd _v_n p_t_nt__lly _ sh_rt_r l_f_sp_n."

Pr_t__n _s _n _ss_nt__l p_rt _f __r d__t. _t _s m_d_ _p _f _m_n_ _c_ds. Th_s_ h_lp _s b__ld m_scl_ _nd k__p __r b_d__s str_ng. W_ c_n f_nd pr_t__n _n m_ny f__ds, _ncl_d_ng _n m__t, f_sh, d__ry pr_d_cts, _nd _ggs. _f p__pl_ __t _ v_g_t_r__n d__t, th_y c_n f_nd pr_t__n _n b__ns, l_int_ls, n_ts, _nd t_f_. _n m_ny p_rts _f th_ w_rld, p__pl_ _r_ __t_ng t__ m_ch pr_t__n. S_p_rm_rk_ts _r_f_ll _f pr_t__n-p_ck_d f__d, pr_t__n p_wd_r, _nd _n_rgy b_rs. C_ns_m_ng th_s_ c__ld b_ r_d_c_ng __r l_ng_v_ty. Pr_f_ss_r L_mm_ng s__d: "B_c__s_ m_st p__pl_ _r_ r_l_t_v_ly s_d_nt_ry, th_y _r_ l_k_ly c_ns_m_ng m_r_ pr_t__n th_n th_y _ct__lly n__d, wh_ch pr_b_bly h_s n_g_t_v_ h__lth c_ns_q__nc_s."

PUNCTUATE THE TEXT AND ADD CAPITALS

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

there are many things that can shorten our lives in particular many kinds of food are bad for us a new study suggests eating protein could make us age faster this is the opposite to what we have been told for decades scientists usually tell us that eating meat and dairy products helps us to live longer the new study is from the university of wisconsinmadison in the usa researchers found that a highprotein diet without exercise leads to an increase in body fat in only four months professor dudley lamming said people who are eating more protein tend to have higher rates of developing cancer diabetes cardiovascular disease and even potentially a shorter lifespan

protein is an essential part of our diet it is made up of amino acids these help us build muscle and keep our bodies strong we can find protein in many foods including in meat fish dairy products and eggs if people eat a vegetarian diet they can find protein in beans lentils nuts and tofu in many parts of the world people are eating too much protein supermarkets are full of proteinpacked food protein powder and energy bars consuming these could be reducing our longevity professor lamming said because most people are relatively sedentary they are likely consuming more protein than they actually need which probably has negative health consequences

PUT A SLASH (/) WHERE THE SPACES ARE

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

There are many things that can shorten our lives. In particular, many kinds of food are bad for us. A new study suggests eating protein could make us age faster. This is the opposite to what we have been told for decades. Scientists usually tell us that eating meat and dairy products helps us to live longer. The new study is from the University of Wisconsin-Madison in the USA. Researchers found that a high-protein diet without exercise leads to an increase in body fat in only four months. Professor Dudley Lamming said: "People who are eating more protein tend to have higher rates of developing cancer, diabetes, cardiovascular disease, and even potentially a shorter lifespan." Protein is an essential part of our diet. It is made up of amino acids. These help us build muscle and keep our bodies strong. We can find protein in many foods, including in meat, fish, dairy products, and eggs. If people eat a vegetarian diet, they can find protein in beans, lentils, nuts, and tofu. In many parts of the world, people are eating too much protein. Supermarkets are full of protein-packed food, protein powder, and energy bars. Consuming these could be reducing our longevity. Professor Lamming said: "Because most people are relatively sedentary, they are likely consuming more protein than they actually need, which probably has negative health consequences."

FREE WRITING

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

Write about **protein** for 10 minutes. Comment on your partner's paper.

[illegible]

ACADEMIC WRITING

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

A vegetarian diet is best. Discuss.

[illegible]

HOMEWORK

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find out more about this news story. Share what you discover with your partner(s) in the next lesson.

3. PROTEIN: Make a poster about protein. Show your work to your classmates in the next lesson. Did you all have similar things?

4. VEGETARIAN: Write a magazine article about all of us becoming a vegetarian. Include imaginary interviews with people who are for and against this.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

5. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

6. LETTER: Write a letter to an expert on protein. Ask him/her three questions about it. Give him/her three of your ideas on how to have a balanced diet. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

1. a 2. c 3. e 4. f 5. d 6. b 7. g
8. j 9. l 10. n 11. i 12. h 13. k 14. m

TRUE / FALSE (p.5)

- 1 F 2 T 3 T 4 T 5 F 6 T 7 T 8 F

SYNONYM MATCH (p.5)

1. g	2. h	3. j	4. b	5. g
6. c	7. i	8. d	9. a	10. f

COMPREHENSION QUESTIONS (p.9)

- Many kinds of food
- Eating protein
- Scientists
- An increase in body fat
- Cardiovascular disease
- Amino acids
- Vegetarians
- Supermarkets
- Sedentary
- Negative consequences

WORDS IN THE RIGHT ORDER (p.19)

- There are many things that shorten our lives.
- Many kinds of food are bad for us.
- Eating protein could make us age faster.
- The opposite to what we have been told.
- An increase in body fat in four months.
- Protein is an essential part of our diet.
- They build muscle and keep our bodies strong.
- Supermarket shelves are full of protein-packed food.
- Consuming these could be reducing our longevity.
- They are consuming more protein than they need.

MULTIPLE CHOICE - QUIZ (p.10)

1. b 2. d 3. c 4. a 5. b 6. a 7. c 8. a 9. d 10. c

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)