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Level 0 – 20th March 2025

Woman gets kidney stones following carnivore diet

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

<https://breakingnewsenglish.com/2503/250320-carnivore-diet-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/2503/250320-carnivore-diet-0.html>

A woman followed the carnivore diet and went to hospital. The woman, 23, said the high-protein diet gave her kidney stones. These are small stones in our urine caused by eating too much protein. They cause pain when peeing. The woman had eggs and steak every day for a year. She had blood in her urine.

The carnivore diet is becoming popular. Many people on social media are promoting it. They say it raises our energy level. However, health experts say eating too much meat, fish and dairy products is bad for us. This is because there is not enough fibre in the diet. This is unhealthy and can lead to heart disease.

Sources: <https://www.msn.com/en-in/news/other/23-year-old-influencer-rushed-to-hospital-with-kidney-stones-after-following-viral-carnivore-diet/ar-AA1B0YeU>
<https://www.aol.com/followed-trendy-carnivore-diet-ended-144918921.html>
<https://www.ladbible.com/news/health/woman-carnivore-tiktok-warning-kidney-stones-532864-20250314>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2503/250320-carnivore-diet-0.html>

PARAGRAPH ONE:

- | | |
|---------------------------|-----------------------|
| 1. A woman followed | a. much protein |
| 2. went to | b. diet |
| 3. high-protein | c. in her urine |
| 4. These are small | d. peeing |
| 5. caused by eating too | e. the carnivore diet |
| 6. They cause pain when | f. stones |
| 7. The woman had eggs and | g. hospital |
| 8. She had blood | h. steak every day |

PARAGRAPH TWO:

- | | |
|-----------------------------------|-----------------|
| 1. The carnivore diet is becoming | a. in the diet |
| 2. people on social media are | b. experts |
| 3. it raises our energy | c. promoting it |
| 4. health | d. products |
| 5. eating too | e. popular |
| 6. dairy | f. disease |
| 7. there is not enough fibre | g. level |
| 8. lead to heart | h. much meat |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2503/250320-carnivore-diet-0.html>

A woman followed the carnivore diet

(1) _____ hospital. The woman, 23, said the

high-protein (2) _____ kidney stones. These

(3) _____ in our urine caused by eating too

much protein. They cause (4) _____.

The woman had (5) _____ every day for a year.

She had blood (6) _____.

The carnivore (7) _____ popular. Many

people (8) _____ are promoting it. They say

it raises our energy level. However, (9) _____

eating too much meat, (10) _____ products is

bad for us. This is because there (11) _____

fibre in the diet. This is unhealthy and can

(12) _____ disease.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2503/250320-carnivore-diet-0.html>

Awomanfollowedthecarnivoredietandwenttohospital.Thewoman,23
,saidthehigh-proteindietgaveherkidneystones.Thesearesmallstone
sinoururinecausedbyeatingtoomuchprotein.Theycausepainwhenpe
eing.Thewomanhadeggsandsteakeverydayforayear.Shehadbloodin
herurine.Thecarnivoredietisbecomingpopular.Manypeopleonsocial
mediaarepromotingit.Theysayitraisesourenergylevel.However,heal
thexpertssayeatingtoomuchmeat,fishanddairyproductsisbadforus.
Thisisbecausethereisnotenoughfibreinthediet.Thisisunhealthyandc
anleadtoheartdisease.

A CARNIVORE DIET SURVEY

From <https://breakingnewsenglish.com/2503/250320-carnivore-diet-0.html>

Write five GOOD questions about a carnivore diet 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/2503/250320-carnivore-diet-0.html>

Write about **a carnivore diet** for 10 minutes. Read and talk about your partner's paper.
