

Breaking News English.com

Ready-to-Use English Lessons by Sean Banville

**"1,000 IDEAS & ACTIVITIES
FOR LANGUAGE TEACHERS"**

breakingnewsenglish.com/book.html

**Thousands more free lessons
from Sean's other websites**

www.freematerials.com/sean_banville_lessons.html

Level 1 – 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-1.html>

Contents

The Reading	2
Phrase Matching	3
Listening Gap Fill	4
No Spaces	5
Survey	6
Writing and Speaking	7
Writing	8

Please try Levels 0, 2 and 3. They are (a little) harder.

X (Twitter)



[X.com/SeanBanville](https://x.com/SeanBanville)

Facebook



www.facebook.com/pages/BreakingNewsEnglish/155625444452176

THE READING

From <https://breakingnewsenglish.com/2503/250320-carnivore-diet-1.html>

A woman followed the carnivore diet and ended up in hospital. The woman, 23, is a social media influencer. She explained how her high-protein diet gave her kidney stones. These are small stones in our urine caused by eating too much high-protein food. They cause pain when peeing. The woman ate only animal-based food in her final year of college. She had two or three eggs and a steak every day. She was shocked when she saw blood in her urine.

The carnivore diet is becoming more popular. Many people on social media are promoting it. Some say it raises our energy levels and encourages positive thinking. However, health experts warn that eating too much meat, fish and dairy products is bad for us. This is because there is not enough fibre in the diet. This can lead to health problems and heart disease. The woman told people not to eat too much protein. She said: "Don't neglect your fibre intake."

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-1.html>

PARAGRAPH ONE:

- | | |
|----------------------------------|----------------------|
| 1. A woman followed the | a. peeing |
| 2. ended up | b. her kidney stones |
| 3. a social media | c. many |
| 4. her high-protein diet gave | d. carnivore diet |
| 5. small stones created | e. urine |
| 6. They cause pain when | f. influencer |
| 7. They are caused by eating too | g. in our urine |
| 8. she saw blood in her | h. in hospital |

PARAGRAPH TWO:

- | | |
|----------------------------------|----------------------|
| 1. The carnivore diet is growing | a. products |
| 2. Many influencers | b. thinking |
| 3. a protein-only diet raises | c. of heart disease |
| 4. positive | d. on social media |
| 5. health | e. ten people |
| 6. dairy | f. in popularity |
| 7. increase the risk | g. experts |
| 8. about one in | h. our energy levels |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2503/250320-carnivore-diet-1.html>

A (1) _____ carnivore diet and ended up in hospital. The woman, 23, is a (2) _____. She explained how her high-protein diet gave her kidney stones. These are small stones in our urine (3) _____ too much high-protein food. They cause (4) _____. The woman ate only animal-based food in (5) _____ of college. She had two or three eggs and a steak every day. She was (6) _____ saw blood in her urine.

The carnivore diet is (7) _____. Many people on social media (8) _____. Some say it raises our energy levels and encourages positive thinking. However, health experts warn that (9) _____ meat, fish and dairy products is bad for us. This is because there is not (10) _____ the diet. This can lead to health problems (11) _____. The woman told people not to eat too much protein. She said: "Don't (12) _____ intake."

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2503/250320-carnivore-diet-1.html>

A woman followed the carnivore diet and ended up in hospital. The woman, 23, is a social media influencer. She explained how her high-protein diet gave her kidney stones. These are small stones in our urine caused by eating too much high-protein food. They cause pain when peeing. The woman ate only animal-based food in her final year of college. She had two or three eggs and a steak every day. She was shocked when she saw blood in her urine. The carnivore diet is becoming more popular. Many people on social media are promoting it. Some say it raises our energy levels and encourages positive thinking. However, health experts warn that eating too much meat, fish and dairy products is bad for us. This is because there is not enough fibre in the diet. This can lead to health problems and heart disease. The woman told people not to eat too much protein. She said: "Don't neglect your fibre intake."

A CARNIVORE DIET SURVEY

From <https://breakingnewsenglish.com/2503/250320-carnivore-diet-4.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) _____

Woman gets kidney stones following carnivore diet – 20th March 2025
More free lessons at breakingnewsenglish.com

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-1.html>

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