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**Level 2 – 20th March 2025**

## **Woman gets kidney stones following carnivore diet**

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<https://breakingnewsenglish.com/2503/250320-carnivore-diet-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/2503/250320-carnivore-diet-2.html>

There are many diets we can follow. A woman followed the carnivore diet and ended up in hospital. The woman, 23, is a social media influencer. She explained on TikTok how her high-protein diet gave her kidney stones. These are small stones created in our urine. They cause pain when peeing. They are caused by eating too many processed and high-protein foods. The woman said she 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 after she saw blood in her urine.

The carnivore diet is growing in popularity. Many influencers on social media are promoting its benefits. Some say a protein-only diet raises our energy levels and encourages positive thinking. However, health experts warn that eating too much meat, fish and dairy products is bad for our health. This is because there is not enough fibre in the diet. This can lead to health problems and increase the risk of heart disease. The woman advised people not to eat too much protein. She said: "Don't neglect your fibre intake." Kidney stones affect about one in ten people worldwide.

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-2.html>

## PARAGRAPH ONE:

- |                               |                       |
|-------------------------------|-----------------------|
| 1. There are many diets we    | a. up in hospital     |
| 2. A woman followed           | b. in her urine       |
| 3. ended                      | c. peeing             |
| 4. a social media             | d. shocked            |
| 5. her high-protein diet gave | e. influencer         |
| 6. They cause pain when       | f. can follow         |
| 7. She was                    | g. her kidney stones  |
| 8. she saw blood              | h. the carnivore diet |

## PARAGRAPH TWO:

- |                                   |                          |
|-----------------------------------|--------------------------|
| 1. The carnivore diet is          | a. products              |
| 2. promoting its                  | b. levels                |
| 3. raises our energy              | c. thinking              |
| 4. encourages positive            | d. in ten people         |
| 5. eating too                     | e. growing in popularity |
| 6. dairy                          | f. of heart disease      |
| 7. increase the risk              | g. benefits              |
| 8. Kidney stones affect about one | h. much meat             |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2503/250320-carnivore-diet-2.html>

There (1) \_\_\_\_\_ we can follow. A woman followed the carnivore diet and (2) \_\_\_\_\_ hospital. The woman, 23, is a social media influencer. She explained on TikTok how her high-protein (3) \_\_\_\_\_ kidney stones. These are small stones created in our urine. They cause pain when peeing. They are (4) \_\_\_\_\_ too many processed and high-protein foods. The woman said she ate only animal-based food (5) \_\_\_\_\_ year 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 influencers on social media (8) \_\_\_\_\_ benefits. Some say a protein-only diet raises our energy levels and (9) \_\_\_\_\_. However, health experts warn that eating too much meat, fish and dairy products (10) \_\_\_\_\_ our health. This is because there is not enough fibre in the diet. This can lead to health problems and increase the (11) \_\_\_\_\_ disease. The woman advised people not to eat too much protein. She said: "Don't neglect your fibre intake." Kidney stones affect about (12) \_\_\_\_\_ people worldwide.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2503/250320-carnivore-diet-2.html>

There are many diets we can follow. A woman followed the carnivore diet and ended up in hospital. The woman, 23, is a social media influencer. She explained on TikTok how her high-protein diet gave her kidney stones. There are small stones created in our urine. They cause pain when peeing. They are caused by eating too many processed and high-protein foods. The woman said she 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 after she saw blood in her urine. The carnivore diet is growing in popularity. Many influencers on social media are promoting its benefits. Some say a protein-only diet raises our energy levels and encourages positive thinking. However, health experts warn that eating too much meat, fish and dairy products is bad for our health. This is because there is not enough fibre in the diet. This can lead to health problems and increase the risk of heart disease. The woman advised people not to eat too much protein. She said: "Don't neglect your fibre intake." Kidney stones affect about one in ten people worldwide.

# A CARNIVORE DIET SURVEY

From <https://breakingnewsenglish.com/2503/250320-carnivore-diet-2.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*  
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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) \_\_\_\_\_

