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# BBC LEARNING ENGLISH

## 6 Minute English worksheet

### Are we too fixated on protein?

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Listen to the full episode here: <https://bbc.in/3KEnrPo>

**1. Look at the cover image and title of the episode. What do you think this episode is about? What do you know about this topic already? What vocabulary do you associate with this topic?**

**2. Now listen to the first two minutes of the episode.**

- What do the presenters say the episode is about?
- What is this week's question? What do you think the answer is?

**3. Now listen to the whole episode. As you listen, write down the six items of vocabulary. What do they mean?**

a) Word/phrase: \_\_\_\_\_

It means: \_\_\_\_\_.

b) Word/phrase: \_\_\_\_\_

It means: \_\_\_\_\_.

c) Word/phrase: \_\_\_\_\_

It means: \_\_\_\_\_.

d) Word/phrase: \_\_\_\_\_

It means: \_\_\_\_\_.

e) Word/phrase: \_\_\_\_\_

It means: \_\_\_\_\_.

f) Word/phrase: \_\_\_\_\_

It means: \_\_\_\_\_.

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**4. What did you learn that was surprising or new in this episode?**

**5. Answer the quiz questions. Listen again or use the transcript to help you.**

1. Which of these foods are high in protein?
  - a) beans and pulses
  - b) rice and bread
  - c) cream and butter
2. Which phrase means 'take a quick look at'?
  - a) cast aspersions
  - b) cast a shadow
  - c) cast your eye
3. Which idiom means 'things are beginning to change'?
  - a) high tide
  - b) the tide is turning
  - c) swim against the tide
4. How much are sales of protein products worth globally?
  - a) £7 million
  - b) £7 billion
  - c) £7 trillion
5. What is 'the effect of overestimating the nutritional value of a food based on a single feature, such as being organic or low calorie'?
  - a) fibermaxxing
  - b) the prebiotic effect
  - c) the health halo effect
6. "This magazine is full of quick tips and advice for staying healthy. Some of these \_\_\_\_\_ are really helpful!"
  - a) hacks
  - b) rules
  - c) advices

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**6. Write your own sentences using the vocabulary.**

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**7. Answer the following questions.**

- What are three things you have learnt from this episode?
- How does this topic make you feel?
- Give three examples relevant to your life using the vocabulary.

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#### Answers

3.

- a. cast your eye over (something) – look quickly at (something)
- b. in abundance – in large quantities; more than enough
- c. health halo – consumer perception of food which overestimates how healthy an item is based on a single feature – such as being low in calories, organic or high in protein – even if its overall nutritional value is poor
- d. the tide is turning – (idiom) things are beginning to change
- e. fibermaxxing – American social media trend where people intentionally consume high levels of fibre by eating fibre-rich foods and supplements for their health benefits
- f. hack – a good solution or piece of advice

5. 1a, 2c, 3b, 4b, 5c, 6a

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#### Teacher's notes

This worksheet is standardised so that you can amend and use it as appropriate with your classes.

Some topics may be difficult for learners, especially those which could be upsetting or cause offence. Please be mindful of this when using this worksheet and adapt it as necessary.

#### Extension activities

- Role-play an interview with an 'interviewer' and an 'expert' on this topic.
- Write a short story or article using the vocabulary from this episode.
- Read original articles on this topic.
- For homework: If it is available in your country, download and listen to the original podcast these extracts were taken from.