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## Expert Dietitian Reviews Protein Soda Craze on TikTok

### Description

The new trend on TikTok is protein soda, where people mix pre-made protein drinks with soda. It is said to taste like an ice cream float. Protein is important for muscles and overall health, but it is best to get it from whole foods like beans, nuts, and lean meats. Protein soda may not be the healthiest choice because it often contains added sugars and artificial sweeteners, which can be harmful to health. It is okay to try protein soda occasionally, but it should not be a regular part of your diet. It is better to focus on eating balanced meals with protein from natural sources. Remember to check with a dietitian if you have any concerns about your protein intake. It's important to be cautious with trendy foods on social media and prioritize healthy eating habits for long-term health.

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### Vocabulary List:

1. **Artificial** /,ɑ:rtɪ'fɪʃəl/ (adjective): Made or produced by human beings rather than occurring naturally.
2. **Healthiest** /'heɪlθi:st/ (adjective): Providing the best conditions for health; most conducive to well-being.
3. **Concerns** /kən'sɜ:nz/ (noun): Situations that cause worry or anxiety.
4. **Balanced** /'bælənst/ (adjective): Consisting of different elements that are in the correct proportions.
5. **Trendy** /'trɛndi/ (adjective): Very fashionable or up to date in style or influence.
6. **Cautious** /'kɔ:ʃəs/ (adjective): Showing care or attention to potential problems or risks.

### Comprehension Questions

#### Multiple Choice

1. What is the new trend on TikTok mentioned in the text?  
Option: Protein shakes  
Option: Protein soda  
Option: Smoothie bowls  
Option: Avocado toast
2. How is the taste of protein soda described in the text?  
Option: Like coffee



- Option: Like a fruit smoothie
- Option: Like an ice cream float
- Option: Like a vegetable juice

3. Why is it recommended to get protein from whole foods like beans, nuts, and lean meats?

- Option: They are cheaper
- Option: They help with digestion
- Option: Contain essential nutrients
- Option: They have a longer shelf life

4. What is a concern regarding protein soda mentioned in the text?

- Option: High caffeine content
- Option: Possible contamination
- Option: Added sugars and artificial sweeteners
- Option: Lack of flavor

5. How often does the text suggest having protein soda?

- Option: Daily
- Option: Occasionally
- Option: Weekly
- Option: Monthly

6. What is the advice given for addressing concerns about protein intake in the text?

- Option: Consult a personal trainer
- Option: Check with a dietitian
- Option: Ignore the concerns
- Option: Start a new diet plan

### True-False

- 7. Protein soda is suggested as a regular part of your diet according to the text.
- 8. Protein from natural sources like beans and nuts may be healthier than protein soda.
- 9. Artificial sweeteners in protein soda can have negative health effects.
- 10. Balanced meals with protein from natural sources are recommended for long-term health in the text.



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11. It is unnecessary to consult a dietitian regarding concerns about protein intake.
12. Trending foods on social media should be followed without any caution according to the text.

### Gap-Fill

13. Protein soda may not be the healthiest choice due to the presence of added sugars and artificial sweeteners, which can be harmful to \_\_\_\_\_.
14. It is recommended to focus on eating balanced meals with protein from natural sources like beans, nuts, and lean meats rather than consuming protein soda on a \_\_\_\_\_ basis.
15. If you have concerns about your protein intake, it is advisable to check with a \_\_\_\_\_ for guidance mentioned in the text.
16. Being cautious with trendy foods on social media is important to prioritize \_\_\_\_\_ eating habits for long-term health according to the content.
17. Protein soda is described to taste like an ice cream \_\_\_\_\_ in the text.
18. Whole foods like beans, nuts, and lean meats are suggested as better sources of protein compared to protein drinks mixed with \_\_\_\_\_.

### Answer

- Multiple Choice:** 1. Protein soda 2. Like an ice cream float 3. Contain essential nutrients 4. Added sugars and artificial sweeteners 5. Occasionally 6. Check with a dietitian
- True-False:** 7. False 8. True 9. True 10. True 11. False 12. False
- Gap-Fill:** 13. health 14. regular 15. dietitian 16. healthy 17. float 18. soda

### Vocabulary quizzes



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**Multiple Choice ( Select the Correct answer for each question. )**

1. Which aspect is crucial for maintaining good health?  
Option: Nutrition  
Option: Exercise  
Option: Meditation  
Option: Entertainment
  
2. What unit is used to measure the energy content in food?  
Option: Grams  
Option: Liters  
Option: Calories  
Option: Kilowatts
  
3. What are you aiming to achieve when you set objectives?  
Option: Limitations  
Option: Goals  
Option: Distractions  
Option: Regrets
  
4. What is an additional product taken to support health and wellbeing?  
Option: Primary  
Option: Supplement  
Option: Trash  
Option: Accessory
  
5. Which term best describes a health issue that is serious and intense?  
Option: Mild  
Option: Moderate  
Option: Severe  
Option: Negligible
  
6. What is something not natural but created by humans called?  
Option: Abstract  
Option: Real  
Option: Artificial  
Option: Organic
  
7. Which term refers to feelings of worry or interest about something important?  
Option: Doubts  
Option: Concerns  
Option: Joy



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Option: Relief

8. What is the attitude of being careful about potential risks or problems?

- Option: Fearless
- Option: Cautious
- Option: Ruthless
- Option: Reckless

9. What is the process of identifying a medical condition or disease called?

- Option: Judgment
- Option: Diagnoses
- Option: Prescriptions
- Option: Therapy

10. Which term describes individuals whose neurological development and function differ from the norm?

- Option: Conventional
- Option: Neurodivergence
- Option: Ordinary
- Option: Stereotypical

**Gap-Fill ( Fill in the blanks with the correct word from the vocabulary list. )**

11. \_\_\_\_\_ of daily calorie intake is important for weight management.
12. Ignoring health warnings can put you at \_\_\_\_\_ for serious illnesses.
13. Proper diagnosis is crucial for effective \_\_\_\_\_ of medical conditions.
14. High \_\_\_\_\_ blood pressure can lead to heart problems.
15. The job application must meet all the specified \_\_\_\_\_ to be considered.
16. An incorrect \_\_\_\_\_ can result in wrong treatments.
17. Consuming \_\_\_\_\_ amounts of sugar can lead to health problems.
18. Effective marketing involves strategic \_\_\_\_\_ of products in the market.
19. Leaving an infection \_\_\_\_\_ can cause complications.
20. \_\_\_\_\_ of antibiotics can lead to drug resistance.



**Matching Sentences ( Match each definition to the correct word from the vocabulary list. )**

21. It is important not to let personal biases with objective decision-making.
22. Skydiving without proper training can be extremely .
23. A diet includes a variety of nutrients in appropriate proportions.
24. For precise measurements it is essential to use instruments.
25. She always follows the latest fashion trends and loves clothes.
26. When hiking in unfamiliar terrain it is wise to be and prepared.
27. The earthquake caused damage to the city making rescue efforts challenging.
28. Eating a balanced diet is essential for maintaining the lifestyle.
29. Doctors are trained to make accurate based on the patients' symptoms and test results.
30. Some individuals may require multiple to manage chronic conditions.

**Answer**

- Multiple Choice:** 1. Nutrition 2. Calories 3. Goals 4. Supplement 5. Severe 6. Artificial 7. Concerns 8. Cautious  
9. Diagnoses 10. Neurodivergence
- Gap-Fill:** 11. Estimation 12. Risk 13. Treatment 14. Systolic 15. Criteria 16. Misdiagnosis 17. Excessive  
18. Positioning 19. Untreated 20. Overprescription
- Matching sentence:** 1. Interfere 2. Risky 3. Balanced 4. Accurate 5. Trendy 6. Cautious 7. Severe 8. Healthiest  
9. Diagnoses 10. Medications

**CATEGORY**

1. Health - LEVEL2

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