



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.

Vocabulary List:

1. **Artificial** /ˌɑːrtɪˈfɪʃəl/ (adjective): Made or produced by human beings rather than occurring naturally.
2. **Healthiest** /ˈhelθiɪst/ (adjective): Providing the best conditions for health; most conducive to well-being.
3. **Concerns** /kənˈsɜːnz/ (noun): Situations that cause worry or anxiety.
4. **Balanced** /ˈbælənst/ (adjective): Consisting of different elements that are in the correct proportions.
5. **Trendy** /ˈtrendi/ (adjective): Very fashionable or up to date in style or influence.
6. **Cautious** /ˈkɔːʃəs/ (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.



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



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



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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