



Nutritionist Reviews TikTok's Trending Protein Soda Craze

Description

TikTok is a popular app where people share new food trends, including a trend called "protein soda." This idea comes from a TV show called "Secret Lives of Mormon Wives."

Protein soda mixes a protein drink with soda to create a tasty drink. Some people think this sounds good, while others do not. A dietitian is here to explain if protein soda is healthy or not.

Protein soda is made from two parts: a pre-made protein drink and soda. Many people on TikTok say it tastes like an ice cream float. However, dietitians warn that drinking protein soda may not fill you up like regular food.

Also, some protein shakes and sodas have added sugars or artificial sweeteners, which can be unhealthy.

Dietitians recommend getting protein from real foods like beans, nuts, chicken, and eggs instead of drinks. These foods are healthier and better for you.

In conclusion, protein soda can be fun to try sometimes. But do not drink it every day. Eat balanced meals for good health.

Vocabulary List:

1. **Dietitian** /ˌdaɪ.ɪˈtʃ.ən/ (noun): A person who is an expert in diet and nutrition.
2. **Artificial** /ˌɑːr.tɪfɪ.əl/ (adjective): Made or produced by human beings rather than occurring naturally.
3. **Healthy** /ˈhel.θi/ (adjective): Beneficial to health; promoting good health.
4. **Trends** /trɛndz/ (noun): General direction in which something is developing or changing.
5. **Recommend** /ˌrɛk.əˈmɛnd/ (verb): To endorse or suggest something as being suitable or good.
6. **Balanced** /ˈbæl.ənst/ (adjective): Having different elements in the correct proportions.

Comprehension Questions

Multiple Choice

1. Where does the trend of "protein soda" originate from?

Option: Instagram



- Option: Snapchat
- Option: TikTok
- Option: Facebook

2. What comparison do many people make when describing the taste of protein soda?

- Option: Coffee
- Option: Milkshake
- Option: Ice cream float
- Option: Smoothie

3. What is a concern raised by dietitians regarding protein soda?

- Option: It may taste bad
- Option: It may contain too much protein
- Option: It may not be filling like regular food
- Option: It may cause weight gain

4. What is the recommended source of protein according to dietitians?

- Option: Protein shakes
- Option: Real foods like beans and nuts
- Option: Bakery items
- Option: Processed meats

5. What do dietitians caution about in some protein shakes and sodas?

- Option: Added sugars or artificial sweeteners
- Option: Too much protein
- Option: Lack of flavor
- Option: High levels of caffeine

6. How frequently do dietitians recommend consuming protein soda?

- Option: Every day
- Option: Multiple times a week
- Option: Try it once in a while
- Option: Only on weekends

True-False

7. Protein soda is always a healthy choice to consume.



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8. Real foods like beans and nuts are considered healthier sources of protein compared to drinks.
 9. Drinking protein soda can replace the need for balanced meals for good health.
 10. Some protein shakes and sodas may contain unhealthy additives like artificial sweeteners.
 11. TikTok is solely dedicated to promoting healthy eating habits.
 12. Protein soda can be a fun treat occasionally, according to dietitians.

Gap-Fill

13. According to the text, dietitians recommend getting protein from real foods like beans, nuts, chicken, and eggs instead of _____.
14. Dietitians caution that consuming protein soda on a _____ basis may not be healthy.
15. _____ can be a potential concern in protein shakes and sodas that dietitians warn about.
16. The trend of protein soda is said to have originated from a TV show called "Secret Lives of _____."
17. It is advised to balance the consumption of protein soda with _____ for overall good health.
18. Dietitians recommend not making protein soda a _____ in your diet.

Answer

Multiple Choice: 1. TikTok 2. Ice cream float 3. It may not be filling like regular food 4. Real foods like beans and nuts 5. Added sugars or artificial sweeteners 6. Try it once in a while

True-False: 7. False 8. True 9. False 10. True 11. False 12. True

Gap-Fill: 13. drinks 14. daily 15. Added sugars or artificial sweeteners 16. Mormon Wives 17. balanced meals 18. staple



Answer

CATEGORY

1. Health - LEVEL1

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