



Teen Protein Supplements: Insights from Experts You Need to Know

Description

The use of protein shakes, bars, powders, and other supplements appears to be a convenient solution for those wishing to increase their protein consumption. However, pediatricians express concerns that teenagers may be becoming overly reliant on these supplements.

According to a recent C.S. Mott Children's Hospital National Poll, two in five parents reported that their teenagers consumed protein supplements in the past year, with boys being more likely than girls to use them frequently.

Notably, over half of parents whose teenage sons consumed protein supplements indicated this was for muscle gain, while a significant number of parents of teenage daughters noted their daughters often used these products for weight loss or meal replacement.

"Marketing can create the illusion that higher protein content equates to a healthier product, but that notion is misleading," remarked Sarah Clark, a co-director of the Mott Poll.

Instead, Clark suggests that parents and teenagers should opt for balanced products that boast a blend of protein, vital nutrients, and fiber, while minimizing added sugars and caffeine.

Eating and Maintaining a Balanced Diet

It's essential to remember that spreading protein intake throughout the day is generally more beneficial than consuming it all at once, Clark emphasized.

A well-rounded meal should incorporate a variety of proteins, carbohydrates, healthy fats, fiber, vitamins, and minerals, sourced from the five major food groups, including fruits, vegetables, and dairy.

Furthermore, achieving balanced nutrition is not solely reliant on diet; adequate sleep and hydration are also crucial for recovery and overall well-being, Schnee noted.

Vocabulary List:

1. **Consumption** /kən'sʌmp.jən/ (noun): The act of using up a resource or the amount used.
2. **Supplements** /'sʌplɪmənts/ (noun): Products taken to enhance dietary intake such as vitamins or proteins.
3. **Reliance** /rɪ'laɪəns/ (noun): Dependence on or trust in something or someone.
4. **Balance** /'bæl.əns/ (noun): An even distribution of weight or an equilibrium in various aspects of life.
5. **Hydration** /haɪ'dreɪʃən/ (noun): The process of causing something to absorb water or moisture.
6. **Nutrition** /nju:'trɪʃ.ən/ (noun): The process of providing or obtaining the food necessary for health and growth.



Comprehension Questions

Multiple Choice

1. According to the C.S. Mott Children's Hospital National Poll, what percentage of parents reported their teenagers consumed protein supplements in the past year?
Option: 20%
Option: 40%
Option: 60%
Option: 80%
2. Who expressed concerns about teenagers becoming overly reliant on protein supplements?
Option: Pediatricians
Option: Nutritionists
Option: Fitness Trainers
Option: Dieticians
3. What did over half of the parents indicate as the reason for their teenage sons consuming protein supplements?
Option: Weight Loss
Option: Meal Replacement
Option: Muscle Gain
Option: Energy Boost
4. Who suggested opting for balanced products with a blend of protein, vital nutrients, and fiber instead of high protein content products?
Option: Sarah Clark
Option: Schnee
Option: Tata Group
Option: CNN
5. What is emphasized as essential in terms of protein intake according to Sarah Clark?
Option: Consuming protein all at once
Option: Balanced protein intake throughout the day
Option: High protein content
Option: No specific emphasis on protein intake



6. What is crucial, in addition to diet, for achieving balanced nutrition according to Schnee?

Option: Exercise

Option: Socializing

Option: Sleep and Hydration

Option: Protein Shakes

True-False

7. The majority of parents reported their teenage daughters consumed protein supplements for muscle gain.

8. Sarah Clark highlighted the misleading notion that higher protein content always equates to a healthier product.

9. Schnee emphasized that achieving balanced nutrition is solely reliant on diet.

10. Sarah Clark recommended minimizing added sugars and caffeine in balanced products.

11. Adequate sleep and hydration are considered crucial for recovery and overall well-being according to Sarah Clark.

12. According to the text, consuming protein all at once is generally more beneficial than spreading it throughout the day.

Gap-Fill

14. Over half of parents whose teenage sons consumed protein supplements indicated this was for _____.

15. Sarah Clark suggested that parents and teenagers should opt for balanced products that boast a blend of protein, vital nutrients, and _____.

16. Achieving balanced nutrition is not solely reliant on diet; adequate sleep and _____ are also crucial for recovery and overall well-being.

17. Spreading protein intake throughout the day is generally more beneficial than consuming it all at once,



Clark _____.

18. A well-rounded meal should incorporate a variety of proteins, carbohydrates, healthy fats, fiber, vitamins, and _____, sourced from the five major food groups.

Answer

Multiple Choice: 1. 40% 2. Pediatricians 3. Muscle Gain 4. Sarah Clark 5. Balanced protein intake throughout the day 6. Sleep and Hydration

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

Gap-Fill: 14. muscle gain 15. fiber 16. hydration 17. emphasized 18. minerals

Vocabulary quizzes

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

1. Which term refers to an inequality or difference?

- Option: Mortality
- Option: Facilitating
- Option: Disparity
- Option: Inflamed

2. Which condition causes inflammation in the cartilage that connects a rib to the breastbone?

- Option: Cervical
- Option: Costochondritis
- Option: Vigilant
- Option: Radiating

3. Which term describes severe pain that is agonizing?

- Option: Inflamed
- Option: Technique
- Option: Excruciating
- Option: Circulation

4. Which term means to understand and share the feelings of another?

- Option: Chi
- Option: Symptoms
- Option: Empathized



Option: Balance

5. What are products taken orally to enhance one's diet?

- Option: Consumption
- Option: Supplements
- Option: Reliance
- Option: Hydration

6. Which term refers to statistical data relating to the population and groups within it?

- Option: Prevalence
- Option: Consequences
- Option: Demographics
- Option: Regulatory

7. Which term relates to the rules or laws governing an industry or activity?

- Option: Significant
- Option: Regulatory
- Option: Disorders
- Option: Exposure

8. What are the indications or signs of a disease or condition?

- Option: Inflamed
- Option: Symptoms
- Option: Prevalence
- Option: Consequences

9. Which term refers to the process of causing something to absorb water?

- Option: Reliance
- Option: Balance
- Option: Hydration
- Option: Nutrition

10. Which term denotes the proportion of a particular population found to have a condition?

- Option: Debilitating
- Option: Prevalence
- Option: Consequences
- Option: Significant

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



11. The pain was so intense that it felt like it was _____ from the lower back down the leg.
12. The new software was aimed at _____ better communication among team members.
13. Excessive sugar _____ can lead to various health issues like obesity and diabetes.
14. The success of the dish lies in the chef's _____ of perfectly blending the flavors.
15. Every action we take has some form of _____ whether positive or negative.
16. The discovery of penicillin was a _____ breakthrough in the field of medicine.
17. She had a deep _____ on her best friend for emotional support during tough times.
18. Practicing yoga helps in balancing your body's _____ and promoting overall well-being.
19. A healthy lifestyle involves maintaining a _____ between physical activity and proper nutrition.
20. Eating a well-rounded diet ensures that your body receives essential _____ for optimal function.

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

21. Security guards must be at all times to prevent unauthorized access.
22. The joint appeared red and swollen indicating that it was .
23. The chronic illness left him in a state unable to perform daily tasks.
24. Finding a between work and leisure is essential for overall well-being.
25. The doctor recommended a scan to check for any abnormalities in the region of the spine.
26. Traditional Chinese medicine focuses on balancing one's to promote health.



27. Proper is crucial especially during intense physical activity to avoid dehydration.
28. Government agencies enforce standards to ensure the safety of consumer products.
29. The study aimed to determine the of mental health disorders in the adolescent population.
30. The psychiatrist specializes in treating various mental health .

Answer

Multiple Choice: 1. Disparity 2. Costochondritis 3. Excruciating 4. Empathized 5. Supplements 6. Demographics 7. Regulatory 8. Symptoms 9. Hydration 10. Prevalence
Gap-Fill: 11. Radiating 12. Facilitating 13. Consumption 14. Technique 15. Consequences 16. Significant 17. Reliance 18. Chi 19. Balance 20. Nutrition
Matching sentence: 1. Vigilant 2. Inflamed 3. Debilitating 4. Balance 5. Cervical 6. Chi 7. Hydration 8. Regulatory 9. Prevalence 10. Disorders

CATEGORY

1. Health - LEVEL4

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