

## 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.[ən/ (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** /rɪˈlaɪəns/ (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:'trɪ[.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
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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	o 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 bes	t 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		
19. A healthy lifestyle involves maintaining a	between physical activity and proper	
nutrition.		
20. Eating a well-rounded diet ensures that your body re	ceives 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.

ESL-NEWS.COM Regulatory 9. Prevalence 10. Disorders

#### **CATEGORY**

1. Health - LEVEL4

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