PROTEIN HUNGER AND OVEREATING

WARM-UP QUESTIONS: *Discuss the following questions with your partner(s).*

1. What did you eat today? Have you eaten foods that contain protein?
2. Read the headline above. Have you heard this news story? If so, say what you know. If not, can you guess what it is about?

VOCABULARY: *Match the following vocabulary words with a description. Use a dictionary if you need to.*

1. **Lack**	a) relating to the food people eat
2. **Dietary**	b) the cells the make up the different parts of humans, animals, and plants
3. **Prevalent**	c) to process food in your stomach
4. **Dense**	d) where something comes from
5. **Tissue**	e) not having enough of something
6. **Enzyme**	f) having a lot of something
7. **Digest**	g) common
8. **Source**	h) a substance that helps a chemical change happen

LISTEN: *Listen to the audio track on eslnewsstories.com or to a reader of the text. Try to fill in the missing words. Then check your answers with the full text (below).*

New research supports the idea that lack of protein leads to overeating. Researchers from the University of _____ followed the dietary habits of almost 10 000 Australians for one year. They found that people eat to get enough protein, so when their food is low in protein, they must eat a greater quantity. This is _____ called "protein hunger."

Eating more of the food that is prevalent in modern supermarkets, i.e. processed food, also means eating more calorie-dense types of food. That amounts to eating lots of _____ and sugar.

According to the study, people who ate less protein at breakfast, ate more food throughout the rest of the day. They also tended to _____ more and eat fewer healthy foods. In contrast, people who ate enough protein at breakfast, ate less food later in the day.

It makes sense that our bodies want protein because it does many things for us. Protein is important for _____ muscle, for repairing tissue damage, for enzymes that digest food, and for much more.

If you are looking to increase the protein in your diet, it is in fish and meat of course, but there are plenty of other sources of _____. Those include Greek yogurt, tofu, eggs, peanut butter, whole grains, and beans.

WORD FORMS: *Fill in different forms for the vocabulary from the article. Use a dictionary if you need to. Where there is an* **x**, *the word is unimportant for ESL students, has a different meaning, or does not exist. Sometimes there are multiple possible answers, and sometimes the adjective form is a past or present participle.*

VERB	ADJECTIVE	ADVERB	NOUN
		x	lack
	dietary		
	prevalent		
x	dense		
digest			

FULL STORY:

New research supports the idea that lack of protein leads to overeating. Researchers from the University of Sydney followed the dietary habits of almost 10 000 Australians for one year. They found that people eat to get enough protein, so when their food is low in protein, they must eat more. This is sometimes called "protein hunger."

Eating more of the food that is prevalent in modern supermarkets, i.e. processed food, also means eating more calorie-dense types of food. That amounts to eating lots of fat and sugar.

According to the study, people who ate less protein at breakfast, ate more food throughout the rest of the day. They also tended to snack more and eat fewer healthy foods. In contrast, people who ate enough protein at breakfast, ate less food later in the day.

It makes sense that our bodies want protein because it does many things for us. Protein is important for building muscle, for repairing tissue damage, for enzymes that digest food, and for much more.

If you are looking to increase the protein in your diet, it is in fish and meat of course, but there are plenty of other sources of protein. Those include Greek yogurt, tofu, eggs, peanut butter, whole grains, and beans.

COMPREHENSION: *Decide if the following are true (T) or false (F), and then discuss your answers with your partner(s).*

1. People are overeating protein. (T / F)

2. A study was done in Austria. (T / F)

3. Modern foods are calorie dense. (T / F)

4. Fish, meat, and tofu are sources of protein. (T / F)

COMPLETE: *Re-order the following sentences. Capitalize certain words and add punctuation.*

1. eat / people / to / protein / get / enough

_____

2. sydney / the / the / from / of / researchers / university / were

_____

DISCUSSION: *Discuss the following questions with your partner(s). Try to speak in sentences and ask follow-up questions.*

1. What did you think about this story? Was there any surprising information?

2. Why do you eat?

3. How important is breakfast to you? What do you usually have for breakfast?

4. Do you think you get enough protein? What foods do you get your protein from?

5. Which high-in-protein food is the most delicious?

6. Which healthy foods do you eat enough of?

7. Which unhealthy foods do you eat too much of?

8. What does your life lack?

9. Why do people eat so much processed food?

10. In your opinion, what is the best snack food?

WRITING: *Write a paragraph that clearly states your opinion on the above news article. Give reasons for your opinion.*

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ANSWERS

VOCABULARY: 1-e, 2-a, 3-g, 4-f, 5-b, 6-h. 7-c, 8-d

WORD FORMS: lack, lacked, diet, dietarily, diet, prevail, prevalently, prevalence, densely, density, digestive, digestively, digestion

COMPREHENSION: 1-F, 2-F, 3-T, 4-T

COMPLETE: 1. People eat to get enough protein. 2. The researchers were from the University of Sydney.