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Level 2 – 14th September 2023

TikTok trend causes laxative shortage in USA

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<https://breakingnewsenglish.com/2309/230914-laxative-shortage-2.html>

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Please try Levels 0, 1 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2309/230914-laxative-shortage-2.html>

A TikTok trend is causing a lack of laxative drugs in the USA. A laxative is a constipation medicine. It is for people who have problems on the toilet because of hard "poo". Laxatives loosen the poo to make it easier to go to the toilet. TikTok influencers are making teenagers think that laxatives will help them lose weight. The videos have been viewed over one billion times. Hundreds of thousands of youngsters are emptying drugstore shelves of laxatives, so people who need the medicine cannot get it. Doctors give the drug for things like constipation and Crohn's disease.

Doctors are worried about the social media trend. They say the online videos have incorrect information, as laxatives are not for weight loss. They only lead to water being lost. Any weight lost from laxatives is quickly put back on after having a drink. People should only use laxatives after talking to a doctor because they can have side effects, like headaches, thirst, tiredness, dry skin, and dizziness. Doctors say it is healthier to lose weight through lifestyle changes. Eating more fruit and vegetables, and exercising are better than using laxatives for losing weight.

Sources: <https://www.dailymail.co.uk/health/article-12504975/Wave-American-teens-using-laxatives-budget-Ozempic-TikTok-trend-causing-shortage-stool-loosening-drugs.html>
<https://news.yahoo.com/us-apparently-backed-running-short-195000989.html>
<https://www.forbes.com/sites/brucelee/2023/09/09/budget-ozempic-tiktok-trend-how-its-contributing-to-the-laxative-shortage/>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2309/230914-laxative-shortage-2.html>

PARAGRAPH ONE:

- | | |
|--------------------------------------|-------------------------|
| 1. A laxative is a constipation | a. lose weight |
| 2. Laxatives loosen | b. shelves of laxatives |
| 3. influencers are making teenagers | c. like constipation |
| 4. laxatives will help them | d. medicine |
| 5. viewed over | e. think |
| 6. youngsters are emptying drugstore | f. one billion times |
| 7. people who need the medicine | g. the poo |
| 8. Doctors give the drug for things | h. cannot get it |

PARAGRAPH TWO:

- | | |
|--|--------------------------|
| 1. online videos have | a. skin |
| 2. weight lost from laxatives is quickly | b. lifestyle changes |
| 3. use laxatives after talking | c. incorrect information |
| 4. side effects, like | d. for losing weight |
| 5. dry | e. headaches |
| 6. Doctors say it | f. put back on |
| 7. lose weight through | g. is healthier |
| 8. better than using laxatives | h. to a doctor |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2309/230914-laxative-shortage-2.html>

A TikTok trend is (1) _____ of laxative drugs in the USA. A laxative is a constipation medicine. It is for people who have problems on the toilet because (2) _____. Laxatives (3) _____ to make it easier to go to the toilet. TikTok influencers are making teenagers think that laxatives will help them lose weight. The videos have (4) _____ one billion times. Hundreds of thousands of youngsters are (5) _____ of laxatives, so people who need the medicine cannot get it. Doctors give the drug for (6) _____ and Crohn's disease.

Doctors are worried about the (7) _____. They say the online videos have incorrect information, as laxatives are not (8) _____. They only lead to water being lost. Any weight lost from laxatives is (9) _____ on after having a drink. People should only use laxatives after talking to a doctor because they can (10) _____, like headaches, thirst, tiredness, dry skin, and dizziness. Doctors say it is healthier to lose weight (11) _____. Eating more fruit and vegetables, and exercising are better than (12) _____ losing weight.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2309/230914-laxative-shortage-2.html>

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WEIGHT LOSS SURVEY

From <https://breakingnewsenglish.com/2309/230914-laxative-shortage-2.html>

Write five GOOD questions about weight loss in the table. Do this in pairs. Each student must write the questions on his / her own paper. When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

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WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

