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**Level 1** – 14th September 2023

## TikTok trend causes laxative shortage in USA

**FREE** online quizzes, mp3 listening and more for this lesson here:

<https://breakingnewsenglish.com/2309/230914-laxative-shortage-1.html>

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Please try Levels 0, 2 and 3. They are (a little) harder.

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# THE READING

From <https://breakingnewsenglish.com/2309/230914-laxative-shortage-1.html>

TikTok videos are leading to a lack of laxative drugs in the USA. A laxative is a medicine for people who have problems on the toilet because of hard "poo". Laxatives loosen the poo to make it easier to go. The videos are making teenagers think that laxatives help with weight loss. Hundreds of thousands of youngsters have bought all the laxatives in drugstores. People who need the medicine cannot get it. Doctors give the drug for problems like constipation.

Doctors are worried about the trend. They say the online videos are wrong because laxatives are not for weight loss. They only lead to water being lost. The water weight is quickly put back on after having a drink. Laxatives have side effects, like headaches, thirst, tiredness, dry skin, and dizziness. It is healthier to lose weight through lifestyle changes. Eating more fruit and vegetables, and exercising are better than 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-1.html>

## PARAGRAPH ONE:

- |  |                      |
|--|----------------------|
| 1. A laxative is                       | a. with weight loss  |
| 2. people who have problems on         | b. cannot get it     |
| 3. Laxatives loosen                    | c. a medicine        |
| 4. teenagers think that laxatives help | d. constipation      |
| 5. Hundreds of                         | e. the poo           |
| 6. youngsters have bought              | f. the toilet        |
| 7. People who need the medicine        | g. all the laxatives |
| 8. problems like                       | h. thousands         |

## PARAGRAPH TWO:

- |                                |                    |
|--------------------------------|--------------------|
| 1. laxatives are not           | a. skin            |
| 2. water weight is quickly put | b. more fruit      |
| 3. side                        | c. weight          |
| 4. dry                         | d. back on         |
| 5. It is healthier             | e. effects         |
| 6. Eating                      | f. to lose weight  |
| 7. vegetables and exercising   | g. for weight loss |
| 8. laxatives for losing        | h. are better      |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2309/230914-laxative-shortage-1.html>

TikTok videos are leading to a (1) \_\_\_\_\_ drugs in the USA. A laxative is (2) \_\_\_\_\_ people who have problems on the toilet because (3) \_\_\_\_\_. Laxatives loosen the poo to make it (4) \_\_\_\_\_. The videos are making teenagers think that laxatives help (5) \_\_\_\_\_. Hundreds of thousands of youngsters have bought all the laxatives in drugstores. People who need the medicine cannot get it. Doctors give the (6) \_\_\_\_\_ like constipation.

Doctors are worried (7) \_\_\_\_\_. They say the online videos are wrong because laxatives are not for weight loss. They only (8) \_\_\_\_\_ being lost. The water weight is quickly put (9) \_\_\_\_\_ having a drink. Laxatives (10) \_\_\_\_\_, like headaches, thirst, tiredness, dry skin, and dizziness. It is healthier to lose weight (11) \_\_\_\_\_. Eating more fruit and vegetables, and (12) \_\_\_\_\_ than laxatives for losing weight.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2309/230914-laxative-shortage-1.html>

TikTok videos are leading to a lack of laxative drugs in the USA. A laxative is a medicine for people who have problems on the toilet because of hard "poo". Laxatives loosen the poo to make it easier to go. The videos are making teenagers think that laxatives help with weight loss. Hundreds of thousands and so many youngsters have bought all the laxatives in drug stores. People who need the medicine cannot get it. Doctors give the drug for problems like constipation. Doctors are worried about the trend. They say the online videos are wrong because laxatives are not for weight loss. They only lead to water being lost. The water weight is quickly put back on after having a drink. Laxatives have side effects, like headaches, thirst, tiredness, dry skin, and dizziness. It is healthier to lose weight through lifestyle changes. Eating more fruit and vegetables, and exercising are better than laxatives for losing weight.

# WEIGHT LOSS SURVEY

From <https://breakingnewsenglish.com/2309/230914-laxative-shortage-4.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) \_\_\_\_\_

