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Level 0 – 6th November 2025

Different foods affect your body's smells

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

<https://breakingnewsenglish.com2511/251106-food-and-body-smell-0.html>

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Please try Levels 1, 2 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2511/251106-food-and-body-smell-0.html>

Food and drink change our body smells. We all have different smells. A professor of health said the smells from our body come from two places. One is the bacteria in our stomach. Bacteria break down food and release gases. These gases can give us bad breath. Food also changes the smell of our skin.

The food that makes the strongest body smells contain sulphur. Broccoli and cabbage contain sulphur. Another food is garlic. This makes our breath smell, and can make our armpits smell nicer. Alcohol, coffee and tea can lead to bad breath and a smelly body. If we want to smell nice, we should eat fruit and drink water.

Sources: <https://www.bbc.com/future/article/20251031-the-foods-that-make-you-smell-more-attractive>
<https://health.clevelandclinic.org/how-7-different-foods-affect-your-body-odor>
<https://www.theskimm.com/health/nutrition/foods-that-cause-body-odor>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2511/251106-food-and-body-smell-0.html>

PARAGRAPH ONE:

- | | |
|-----------------------------|---------------------------|
| 1. Food and drink | a. down food |
| 2. We all have different | b. us bad breath |
| 3. the smells from our body | c. smells |
| 4. One is the bacteria | d. change our body smells |
| 5. Bacteria break | e. smell of our skin |
| 6. release | f. come from two places |
| 7. These gases can give | g. gases |
| 8. Food also changes the | h. in our stomach |

PARAGRAPH TWO:

- | | |
|--------------------------------------|--------------------|
| 1. The food that makes the strongest | a. eat fruit |
| 2. Broccoli and cabbage | b. is garlic |
| 3. Another food | c. smell nicer |
| 4. This makes our | d. water |
| 5. make our armpits | e. body smells |
| 6. If we want to smell | f. breath smell |
| 7. we should | g. nice |
| 8. drink | h. contain sulphur |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2511/251106-food-and-body-smell-0.html>

Food (1) _____ our body smells. We all
(2) _____. A professor of health said the
smells from (3) _____ from two places. One
is the bacteria (4) _____. Bacteria break
down food (5) _____. These gases can give
us bad breath. Food also changes the smell
(6) _____.

The food that (7) _____ body smells contain
sulphur. Broccoli (8) _____ sulphur. Another
food is garlic. This makes (9) _____, and
can make our (10) _____. Alcohol, coffee
and tea can lead (11) _____ and a smelly
body. If we want to smell nice, we should eat fruit
(12) _____.

PUT A SLASH (/) WHERE THE SPACES ARE

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Food and drink change our body smells. We all have different smells. A professor of health said the smells from our body come from two places. One is the bacteria in our stomach. Bacteria break down food and release gases. These gases can give us bad breath. Food also changes the smell of our skin. The food that makes the strongest body smells contains sulphur. Broccoli and cabbage contain sulphur. Another food is garlic. This makes our breath smell, and can make our armpit smell nicer. Alcohol, coffee and tea can lead to bad breath and a smelly body. If we want to smell nice, we should eat fruit and drink water.

BODY SMELLS

From <https://breakingnewsenglish.com/2511/251106-food-and-body-smell-0.html>

Write five GOOD questions about body smells 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) _____

WRITING

From <https://breakingnewsenglish.com/2511/251106-food-and-body-smell-0.html>

Write about **body smells** for 10 minutes. Read and talk about your partner's paper.

[illegible]