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Level 4 – 2nd February 2026

New powder whitens, repairs and protects teeth

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

<https://breakingnewsenglish.com/2602/260202-white-teeth-powder-4.html>

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Please try Levels 5 and 6. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2602/260202-white-teeth-powder-4.html>

White teeth are widely sought after. Movies, ads, and social media have made perfectly white teeth a must-have. People have long-used chemical whiteners to get perfectly white teeth. However, these can damage the teeth and gums. Researchers have tested a teeth-whitening ceramic powder to rid teeth of stains. Researcher Min Xing said it is a safe teeth-whitening product that also repairs enamel. Min added that it was good for long-term oral health.

The researchers said the powder works when the vibrations of an electric toothbrush activate small electric fields over the teeth. These break down stains. The researchers said their laboratory tests were very promising. They tested human teeth that were stained with tea and coffee. After 12 hours of cleaning, the teeth were 50 per cent whiter than those that were brushed normally. The next step is to add the powder to toothpaste.

Sources: <https://dentistry.co.uk/2026/01/27/toothbrush-activated-powder-developed-for-at-home-whitening/>
<https://www.msn.com/en-us/health/other/toothbrush-activated-powder-whitens-repairs-and-protects-teeth/ar-AA1V280L>
<https://scitechdaily.com/whiter-teeth-without-the-damage-this-new-powder-could-change-oral-care/>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2602/260202-white-teeth-powder-4.html>

PARAGRAPH ONE:

- | | |
|-----------------------------------|-----------------|
| 1. White teeth are widely | a. whiteners |
| 2. perfectly | b. of stains |
| 3. a must- | c. health |
| 4. People have long-used chemical | d. have |
| 5. damage the teeth | e. sought after |
| 6. rid teeth | f. product |
| 7. a safe teeth-whitening | g. white teeth |
| 8. long-term oral | h. and gums |

PARAGRAPH TWO:

- | | |
|--------------------------------|------------------------|
| 1. the vibrations of an | a. very promising |
| 2. activate small | b. cleaning |
| 3. These break | c. to toothpaste |
| 4. their laboratory tests were | d. electric fields |
| 5. teeth that were stained | e. step |
| 6. after 12 hours of | f. with tea |
| 7. the next | g. electric toothbrush |
| 8. add the powder | h. down stains |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2602/260202-white-teeth-powder-4.html>

White teeth are (1) _____. Movies, ads, and social media have (2) _____ teeth a must-have. People have (3) _____ whiteners to get perfectly white teeth. However, these can damage the teeth and gums. Researchers have tested a teeth-whitening ceramic powder to (4) _____ stains. Researcher Min Xing said it is a safe teeth-whitening product that (5) _____. Min added that it was good for long-(6) _____.

The researchers said the powder works when (7) _____ an electric toothbrush activate small (8) _____ the teeth. These break down stains. The researchers said their laboratory tests (9) _____. They tested human teeth that were (10) _____ and coffee. After 12 hours of cleaning, the teeth were 50 per cent whiter than those that (11) _____. The next step (12) _____ the powder to toothpaste.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2602/260202-white-teeth-powder-4.html>

Whiteteetharewidelysoughtafter.Movies,ads,andsocialmediahave
madeperfectlywhiteteethamust-have.Peoplehavelong-usedchemi
calwhitenerstogetperfectlywhiteteeth.However,thesecondamageth
eteethandgums.Researchershavetestedateeth-whiteningceramicp
owdertoridteethofstains.ResearcherMinXingsaiditisasafeteeth-whi
teningproductthataalsorepairsenamel.Minaddedthatitwasgoodforlon
g-termoralhealth.Theresearcherssaidthepowderworkswhenthevibr
ationsofanelectrictoothbrushactivatesmallelectricfieldsovertheteet
h.Thesebreakdownstains.Theresearcherssaidtheirlaboratorytestsw
ereverypromising.Theytestedhumanteeththatwerestainedwithteaa
ndcoffee.After12hoursofcleaning,theteethwere50percentwhitertha
nthosethatwerebrushednormally.Thenextstepistoaddthepowdertot
oothpaste.

WHITE TEETH SURVEY

From <https://breakingnewsenglish.com/2602/260202-white-teeth-powder-4.html>

Write five GOOD questions about white teeth 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/2602/260202-white-teeth-powder-4.html>

Write about **white teeth** for 10 minutes. Read and talk about your partner's paper.

[illegible]