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Level 5 – 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-5.html>

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Please try Levels 4 and 6. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2602/260202-white-teeth-powder-5.html>

White teeth are widely sought after. Hollywood, advertising, and social media have made ultra-white teeth a must-have, and an obsession. People have long-used peroxide-based whiteners to try to get perfectly white teeth. However, these chemicals can damage the teeth and gums. Help is now near for those who have stained or off-white teeth. Researchers have tested a teeth-whitening ceramic powder. Researcher Min Xing said it is "a safe, at-home teeth-whitening strategy integrating whitening, enamel repair...for long-term oral health".

The researchers described how their powder works. It is activated by electric toothbrush vibrations, which create small electric fields over the teeth. These break down stain-causing molecules. The researchers said their laboratory trials were very promising. They tested human teeth that were discoloured with tea and coffee. After four hours of brushing, there was visible whitening. After 12 hours of cleaning, the teeth were 50 per cent whiter than those brushed normally. The researchers said 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-5.html>

PARAGRAPH ONE:

- | | |
|------------------------------|--------------------|
| 1. white teeth are widely | a. and gums |
| 2. ultra- | b. based whiteners |
| 3. a must- | c. powder |
| 4. peroxide- | d. white teeth |
| 5. damage the teeth | e. white teeth |
| 6. stained or off- | f. have |
| 7. a teeth-whitening ceramic | g. health |
| 8. long-term oral | h. sought after |

PARAGRAPH TWO:

- | | |
|---|----------------------|
| 1. researchers described how their | a. tea and coffee |
| 2. It is activated by electric toothbrush | b. promising |
| 3. create small electric | c. vibrations |
| 4. These break down stain- | d. whitening |
| 5. their laboratory trials were very | e. fields |
| 6. teeth that were discoloured with | f. powder works |
| 7. there was visible | g. step |
| 8. the next | h. causing molecules |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2602/260202-white-teeth-powder-5.html>

White teeth are (1) _____. Hollywood, advertising, and social media have (2) _____ teeth a must-have, (3) _____. People have long-used peroxide-based whiteners to try to (4) _____ teeth. However, these chemicals can damage the teeth and gums. Help is now near for those who have (5) _____-white teeth. Researchers have tested a teeth-whitening ceramic powder. Researcher Min Xing said it is "a safe, at-home teeth-whitening strategy integrating whitening, enamel repair...for long-(6) _____".

The researchers described how their powder works. It (7) _____ electric toothbrush vibrations, which create small electric fields over the teeth. These break down (8) _____. The researchers said their laboratory trials were very promising. They tested human teeth that were (9) _____ and coffee. After four hours of brushing, there was visible whitening. After 12 (10) _____, the teeth were 50 per cent whiter than (11) _____. The researchers said the (12) _____ to add the powder to toothpaste.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2602/260202-white-teeth-powder-5.html>

Whiteteetharewidelysoughtafter.Hollywood,advertising,andsocial mediahavemadeultra-whiteteethamust-have,andanobsession.Peoplehavelong-usedperoxide-basedwhitenerstotrytogetperfectlywhiteteeth.However,thesechemicalscandamagetheteethandgums.Helpisnownearforthosewhohavestainedoroff-whiteteeth.Researchershave testedateeth-whiteningceramicpowder.ResearcherMinXingsaiditis"asafe,at-hometeeth-whiteningstrategyintegratingwhitening, enamelrepair...forlong-termoralhealth".Theresearchersdescribedhowtheirpowderworks.Itisactivatedbyelectrictoothbrushvibrations,whichcreatesmallelectricfieldsovertheteeth.Thesebreakdownstain-causingmolecules.Theresearcherssaidtheirlaboratorytrialswereverypromising.Theytestedhumanteeththatwerediscolouredwithteaand coffee.Afterfourhoursofbrushing,therewasvisiblewhitening.After12hoursofcleaning,theteethwere50percentwhiterthanthosebrushednormally.Theresearcherssaidthenextstepistoaddthepowdertotoothpaste.

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-5.html>

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

[illegible]