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Level 0 – 2nd April 2026

Fermented food can help expel nanoplastics from body

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

<https://breakingnewsenglish.com2604/260402-kimchi-nanoplastics-0.html>

Contents

The Reading	2
Phrase Matching	3
Listening Gap Fill	4
No Spaces	5
Survey	6
Writing and Speaking	7
Writing	8

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

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THE READING

From <https://breakingnewsenglish.com/2604/260402-kimchi-nanoplastics-0.html>

Scientists write a lot about nanoplastics. These are smaller than one millionth of a metre. A new study found that bacteria from the Korean dish kimchi can help to remove nanoplastics from the body. The World Institute of Kimchi found a microbe that sticks to nanoplastic. It takes nanoplastics out of our bodies.

There are many side effects of nanoplastic. We may have seven grams of it in our body. This is about the size of a credit card. Scientists believe their research might help to reduce the plastic in our bodies. They believe fermented food like kimchi could be a new way to fight the nanoplastic problem.

Sources: <https://scitechdaily.com/scientists-say-this-popular-food-could-help-your-body-get-rid-of-microplastics/>
<https://www.earth.com/news/bacteria-found-in-kimchi-helps-remove-nano-micro-plastic-particles-from-the-body/>
<https://phys.org/news/2026-03-kimchi-derived-probiotic-excretion-intestinal.html>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2604/260402-kimchi-nanoplastics-0.html>

PARAGRAPH ONE:

- | | |
|--------------------------------|-----------------------|
| 1. Scientists write a lot | a. to nanoplastic |
| 2. smaller than one millionth | b. from the body |
| 3. A new study found | c. of our bodies |
| 4. the Korean dish | d. that |
| 5. help to remove nanoplastics | e. about nanoplastics |
| 6. The World Institute | f. kimchi |
| 7. a microbe that sticks | g. of a metre |
| 8. It takes nanoplastics out | h. of Kimchi |

PARAGRAPH TWO:

- | | |
|--------------------------------------|---------------------|
| 1. There are many side | a. in our bodies |
| 2. We may have seven | b. of a credit card |
| 3. This is about the size | c. way |
| 4. Scientists believe their research | d. effects |
| 5. reduce the plastic | e. problem |
| 6. fermented | f. might help |
| 7. kimchi could be a new | g. grams of it |
| 8. the nanoplastic | h. food |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2604/260402-kimchi-nanoplastics-0.html>

Scientists (1) _____ about nanoplastics.

These (2) _____ one millionth of a metre. A

(3) _____ that bacteria from the Korean dish

kimchi can (4) _____ nanoplastics from the

body. The World Institute of Kimchi

(5) _____ that sticks to nanoplastic. It takes

nanoplastics out (6) _____.

There are many (7) _____ nanoplastic. We

may have seven grams of it (8) _____. This

is about the (9) _____ credit card. Scientists

believe their research might (10) _____ the

plastic (11) _____. They believe fermented

food like kimchi could be a new (12) _____

the nanoplastic problem.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2604/260402-kimchi-nanoplastics-0.html>

Scientists write a lot about nanoplastics. These are smaller than one millimetre. A new study found that bacteria from the Korean dish kimchi can help to remove nanoplastics from the body. The World Institute of Kimchi found a microbe that sticks to a nanoplastic. It takes nanoplastics out of our bodies. There are many side effects of nanoplastics. We may have seven grams of it in our body. This is about the size of a credit card. Scientists believe their research might help to reduce the plastic in our bodies. They believe fermented food like kimchi could be a new way to fight the nanoplastic problem.

NANOPLASTICS

From <https://breakingnewsenglish.com/2604/260402-kimchi-nanoplastics-0.html>

Write five GOOD questions about nanoplastics 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) _____

