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Level 1 – 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-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/2604/260402-kimchi-nanoplastics-1.html>

Scientists have written a lot about microplastics and nanoplastics. Microplastics are larger than 1 millionth of a metre, while nanoplastics are smaller. A new study has found that bacteria from the Korean dish kimchi can help to take nanoplastics out of the body. The World Institute of Kimchi found a microbe that sticks to nanoplastic. The nanoplastic safely leaves in our bodily waste. The plastic does not get to organs like the brain and kidneys.

Doctors say there are many side effects of nanoplastic. People take in up to 120,000 pieces of nanoplastic every year. 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. The lead researcher said fermented foods could be "a new biological approach" to tackle the nanoplastic problem. He will continue to look at how kimchi can help us and our health.

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-1.html>

PARAGRAPH ONE:

- | | |
|-------------------------------------|------------------------|
| 1. Scientists have written a lot | a. smaller |
| 2. larger than 1 millionth | b. get to organs |
| 3. nanoplastics are | c. of a metre |
| 4. bacteria from the Korean | d. to nanoplastic |
| 5. a microbe that sticks | e. about microplastics |
| 6. The nanoplastic safely leaves in | f. kidneys |
| 7. The plastic does not | g. dish kimchi |
| 8. the brain and | h. our bodily waste |

PARAGRAPH TWO:

- | | |
|-------------------------------|--------------------------|
| 1. there are many side | a. a credit card |
| 2. up to 120,000 | b. in our bodies |
| 3. We may have seven grams | c. can help us |
| 4. This is about the size of | d. pieces of nanoplastic |
| 5. help to reduce the plastic | e. problem |
| 6. fermented | f. effects |
| 7. tackle the nanoplastic | g. foods |
| 8. look at how kimchi | h. of it in our body |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2604/260402-kimchi-nanoplastics-1.html>

Scientists have (1) _____ about microplastics and nanoplastics. Microplastics (2) _____ 1 millionth of a metre, while nanoplastics are smaller. A new study has (3) _____ from the Korean dish kimchi can (4) _____ nanoplastics out of the body. The World Institute of Kimchi found a microbe (5) _____ nanoplastic. The nanoplastic safely leaves in our bodily waste. The plastic does not (6) _____ like the brain and kidneys.

Doctors say there are (7) _____ of nanoplastic. People (8) _____ to 120,000 pieces of nanoplastic every year. We may have seven grams of it in our body. This is (9) _____ of a credit card. Scientists believe their research might (10) _____ the plastic in our bodies. The lead researcher said fermented foods could be "a new biological approach" (11) _____ nanoplastic problem. He will continue to (12) _____ kimchi can help us and our health.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2604/260402-kimchi-nanoplastics-1.html>

Scientists have written a lot about microplastics and nanoplastics. Microplastics are larger than 1 millionth of a metre, while nanoplastics are smaller. A new study has found that bacteria from the Korean dish kimchi can help to take nanoplastics out of the body. The World Institute of Kimchi found a microbe that sticks to a nanoplastic. The nanoplastic safely leaves in our bodily waste. The plastic does not get to organs like the brain and kidneys. Doctors say there are many side effects of nanoplastic. People take in up to 120,000 pieces of nanoplastic every year. 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. The lead researcher said fermented foods could be "a new biological approach" to tackle the nanoplastic problem. He will continue to look at how kimchi can help us and our health.

NANOPLASTICS SURVEY

From <https://breakingnewsenglish.com/2604/260402-kimchi-nanoplastics-4.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) _____

