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Level 2 – 2nd April 2026

Fermented food can help expel nanoplastics from body

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<https://breakingnewsenglish.com/2604/260402-kimchi-nanoplastics-2.html>

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Please try Levels 0, 1 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2604/260402-kimchi-nanoplastics-2.html>

Scientists have written a lot about how many microplastics and nanoplastics are in the environment and in our bodies. Microplastics are larger than 1 millionth of a metre, while nanoplastics are smaller than that. A new study has found that bacteria from the fermented Korean dish kimchi can help to take nanoplastics out of the body. The World Institute of Kimchi discovered a microbe that attaches itself to nanoplastics in the stomach. The nanoplastic then safely leaves in our bodily waste. It does not pass through our body and into organs like the brain, heart, kidneys, and liver.

Nanoplastics are worrying the medical community. There are many side effects. Doctors believe people take in up to 120,000 tiny pieces of nanoplastic every year. Newspapers often print stories about our body having 7 grams of plastic. This is about the size of a credit card. The scientists in Korea 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-2.html>

PARAGRAPH ONE:

- | | |
|-----------------------------------|---------------------|
| 1. nanoplastics are in the | a. of a metre |
| 2. 1 millionth | b. to nanoplastics |
| 3. the fermented Korean | c. and liver |
| 4. take nanoplastics out | d. environment |
| 5. a microbe that attaches itself | e. the brain |
| 6. It does not pass | f. of the body |
| 7. organs like | g. dish kimchi |
| 8. heart, kidneys, | h. through our body |

PARAGRAPH TWO:

- | | |
|------------------------------|---------------------|
| 1. the medical | a. effects |
| 2. There are many side | b. in our bodies |
| 3. up to 120,000 tiny pieces | c. help |
| 4. This is about the size | d. community |
| 5. their research might | e. approach |
| 6. reduce the plastic | f. of nanoplastic |
| 7. a new biological | g. can help us |
| 8. how kimchi | h. of a credit card |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2604/260402-kimchi-nanoplastics-2.html>

Scientists have (1) _____ about how many microplastics and nanoplastics are in the environment and (2) _____. Microplastics are larger than 1 (3) _____ metre, while nanoplastics are smaller than that. A new study has found that bacteria from the fermented Korean dish kimchi can (4) _____ nanoplastics out of the body. The World Institute of Kimchi discovered a microbe that (5) _____ nanoplastics in the stomach. The nanoplastic then safely leaves in our bodily waste. It does not pass through our body and (6) _____ the brain, heart, kidneys, and liver.

Nanoplastics are (7) _____ community. There are many side effects. Doctors believe people take in up to 120,000 (8) _____ nanoplastic every year. Newspapers often print stories about our body having 7 (9) _____. This is about the size of a credit card. The scientists in Korea believe their research might help to (10) _____ in our bodies. The lead researcher said fermented foods could be "a new biological approach" (11) _____ nanoplastic problem. He will continue to look at how kimchi can (12) _____ our health.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2604/260402-kimchi-nanoplastics-2.html>

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NANOPLASTICS SURVEY

From <https://breakingnewsenglish.com/2604/260402-kimchi-nanoplastics-2.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) _____

