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Ready-to-Use English Lessons by Sean Banville

Level 3 – 2nd April 2026

Fermented food can help expel nanoplastics from body

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https://breakingnewsenglish.com2604/260402-kimchi-nanoplastics.html

Contents

Please try Levels 0, 1 and 2 (they are easier).

THE ARTICLE

From https://breakingnewsenglish.com2604/260402-kimchi-nanoplastics.html

Scientists have written extensively about the prevalence of microplastics and nanoplastics in the environment and in our bodies. Microplastics are larger than a micrometre (1 millionth of a metre), while nanoplastics are smaller than a micrometre. A new study has found that bacteria from the fermented Korean dish kimchi can help to expel nanoplastics from the body. Researchers at the World Institute of Kimchi in South Korea have discovered a microbe that can attach itself to nanoplastics in the gut. The foreign body is then safely expelled in our bodily waste. The plastic does not pass through the intestinal lining and accumulate in organs like the brain, heart, kidneys, and liver.

Nanoplastics are of increasing concern to the medical community. There are many unknown side effects of these tiny particles being in our organs. Current estimates suggest people take in up to 120,000 microscopic fragments every year. Newspapers often print stories about our body containing 7 grams of plastic, which is about the mass of a credit card. The Korean scientists believe their research might alleviate the accumulation of plastic in our bodies. Lead researcher Dr Se-hee Lee said: "Microorganisms derived from traditional fermented foods could represent a new biological approach to address this emerging challenge. We will continue to expand the scientific value of kimchi."

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

WARM-UPS

1. NANOPLASTICS: Students walk around the class and talk to other students about nanoplastics. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

scientists / microplastics / the environment / bacteria / fermented / kimchi / the brain
the medical community / newspapers / credit card / microorganisms / challenge

Have a chat about the topics you liked. Change topics and partners frequently.

3. NO MORE PLASTIC: Students A **strongly** believe we should stop using plastic; Students B **strongly** believe we shouldn't. Change partners again and talk about your conversations.

4. ORGANS: What do these organs do? What can go wrong with them? Complete this table with your partner(s). Change partners often and share what you wrote.

	What They Do	Things That Can Go Wrong
The brain		
The heart		
The skin		
The liver		
The kidneys		
The lungs		

5. METRE: Spend one minute writing down all of the different words you associate with the word "metre". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

6. PLASTIC THINGS: Rank these with your partner. Put the best plastic things at the top. Change partners often and share your rankings.

- Pens
- Bags
- Toys
- Buckets
- Credit cards
- Toothbrushes
- Food containers
- Packaging materials

VOCABULARY MATCHING

Paragraph 1

1.	extensively	a.	To force something out.
2.	prevalence	b.	To slowly collect more and more.
3.	fermented	c.	Done in a very complete and detailed way.
4.	expel	d.	Changed by bacteria over time.
5.	the gut	e.	How common something is.
6.	bodily waste	f.	The inside part of the body where food is digested.
7.	accumulate	g.	Things that leave the body, such as urine.

Paragraph 2

8.	side effects	h.	Other problems that happen because of something.
9.	organs	i.	How much matter is in something.
10.	mass	j.	To do something about a problem.
11.	alleviate	k.	Parts inside the body that do important jobs.
12.	derived	l.	Beginning to appear or develop.
13.	address	m.	Made from something else.
14.	emerging	n.	To make something less bad.

BEFORE READING / LISTENING

From https://breakingnewsenglish.com2604/260402-kimchi-nanoplastics.html

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

1. Very little has been written about nanoplastics in the body. **T / F**
2. Nanoplastics are larger than one millionth of a metre. **T / F**
3. The research is from the World Institute of Kimchi. **T / F**
4. Kimchi might mean nanoplastics do not get into our organs. **T / F**
5. There are very few side effects of nanoplastics in our body. **T / F**
6. Newspapers often write about there being a lot of plastic in our body. **T / F**
7. A lot of the plastic is our body is credit-card shaped. **T / F**
8. Scientists will find out more about the scientific value of kimchi. **T / F**

2. SYNONYM MATCH: (The words in **bold** are from the news article.)

1. extensively	a. worry
2. prevalence	b. found
3. expel	c. grow
4. discovered	d. gather
5. accumulate	e. widely
6. concern	f. reduce
7. estimates	g. get rid of
8. alleviate	h. tackle
9. address	i. commonness
10. expand	j. guesses

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

1. the prevalence	a. the medical community
2. Microplastics are larger than	b. itself to nanoplastics
3. bacteria from the fermented	c. approach
4. a microbe that can attach	d. Korean dish kimchi
5. accumulate in organs like the brain, heart,	e. credit card
6. Nanoplastics are of increasing concern to	f. kidneys, and liver
7. people take in up to 120,000 microscopic	g. of microplastics
8. about the mass of a	h. fragments every year
9. a new biological	i. challenge
10. address this emerging	j. a micrometre

GAP FILL

From https://breakingnewsenglish.com2604/260402-kimchi-nanoplastics.html

Scientists have written (1) _____ about the prevalence of microplastics and nanoplastics in the environment and in our bodies. Microplastics are larger than a micrometre (1 (2) _____ of a metre), while nanoplastics are smaller than a micrometre. A new study has found that (3) _____ from the fermented Korean dish kimchi can help to (4) _____ nanoplastics from the body. Researchers at the World Institute of Kimchi in South Korea have discovered a microbe that can (5) _____ itself to nanoplastics in the gut. The foreign body is then safely expelled in our bodily (6) _____. The plastic does not pass through the intestinal (7) _____ and accumulate in organs like the brain, heart, (8) _____, and liver.

bacteria
kidneys
extensively
attach
lining
expel
millionth
waste

Nanoplastics are of increasing (9) _____ to the medical community. There are many unknown side effects of these tiny (10) _____ being in our organs. Current estimates suggest people take in up to 120,000 microscopic fragments every year. Newspapers often print stories about our body (11) _____ 7 grams of plastic, which is about the (12) _____ of a credit card. The Korean scientists believe their research might (13) _____ the accumulation of plastic in our bodies. Lead researcher Dr Se-hee Lee said: "Microorganisms derived from (14) _____ fermented foods could represent a new biological approach to address this (15) _____ challenge. We will continue to expand the scientific (16) _____ of kimchi."

mass
particles
value
traditional
containing
emerging
concern
alleviate

LISTENING – Guess the answers. Listen to check.

From https://breakingnewsenglish.com2604/260402-kimchi-nanoplastics.html

1) Scientists have written extensively about the _____
   a. prevalent of microplastics
   b. prevalence of microplastics
   c. prevalence off microplastics
   d. prevalence of macroplastics
2) bacteria from the fermented Korean dish kimchi can help _____
   a. to extol nanoplastics
   b. to expel nanoplastics
   c. to spell nanoplastics
   d. treks spell nanoplastics
3) discovered a microbe that can attach itself to nanoplastics _____
   a. in the gut
   b. in the glut
   c. in the glute
   d. in the gutter
4) The foreign body is then safely expelled in _____
   a. our bodily ways
   b. hour bodily waste
   c. our bodily wasted
   d. our bodily waste
5) accumulate in organs like the brain, heart, _____
   a. kidneys, and lever
   b. kidneys, and river
   c. kidneys, and liver
   d. kidneys, and lifer
6) Nanoplastics are of increasing concern to _____
   a. the medicine community
   b. the medical commune city
   c. the medical community
   d. the medically community
7) There are many unknown side effects of these tiny particles being _____
   a. in our organs
   b. inner organs
   c. in hour organs
   d. in our organ
8) current estimates suggest people take in up to _____
   a. 120,000 microscopic fragments
   b. 120,000 microscopic fragment
   c. 120,000 microscope fragments
   d. 120,000 microscopic flag mints
9) traditional fermented foods could represent a _____
   a. new biologically approach
   b. new biological approach
   c. new biological approached
   d. new biology approach
10) address this emerging challenge. We will continue to expand the scientific _____i
   a. valued of kimchi
   b. valley of kimchi
   c. vale you of kimchi
   d. value of kimchi

LISTENING – Listen and fill in the gaps

From https://breakingnewsenglish.com2604/260402-kimchi-nanoplastics.html

Scientists have written extensively about (1) _____ microplastics and nanoplastics in the environment and in our bodies. Microplastics are larger than a micrometre (1 (2) _____ metre), while nanoplastics are smaller than a micrometre. A new study has found that bacteria (3) _____ Korean dish kimchi can help to expel nanoplastics from the body. Researchers at the World Institute of Kimchi in South Korea (4) _____ microbe that can attach itself to nanoplastics in the gut. The foreign body is then safely expelled in (5) _____. The plastic does not pass through the intestinal lining and accumulate in organs like the brain, heart, (6) _____.

Nanoplastics are of increasing (7) _____ medical community. There are many unknown side effects of (8) _____ being in our organs. Current estimates suggest people take in up to 120,000 microscopic fragments every year. Newspapers (9) _____ about our body containing 7 grams of plastic, which is about the (10) _____ credit card. The Korean scientists believe their research might alleviate the accumulation of plastic (11) _____. Lead researcher Dr Se-hee Lee said: "Microorganisms derived from traditional fermented foods could represent a new biological approach to address this emerging challenge. We will continue (12) _____ scientific value of kimchi."

COMPREHENSION QUESTIONS

From https://breakingnewsenglish.com2604/260402-kimchi-nanoplastics.html

1. Who has written about extensively about microplastics and nanoplastics?

2. What size are nanoplastics?

3. What is the name of the place the researchers are from?

4. What thing in the gut attaches to nanoplastics?

5. What organs are mentioned besides the brain and heart?

6. Who is getting more worried about nanoplastics?

7. How many side effects are there of nanoplastics in our body?

8. How much microplastic might there be in our bodies?

9. What is the mass of plastic in our bodies likened to?

10. What will researchers continue to research the scientific value of?

MULTIPLE CHOICE - QUIZ

From https://breakingnewsenglish.com2604/260402-kimchi-nanoplastics.html

1) Who has written about extensively about microplastics and nanoplastics?
a) the CEO of a plastics company
b) a Nobel prize winner
c) scientists
d) a website

2) What size are nanoplastics?
a) smaller than 1 millionth of a metre
b) about 1 millionth of a metre
c) exactly 1 millionth of a metre
d) larger than 1 millionth of a metre

3) What is the name of the place the researchers are from?
a) the International Institute of Kimchi
b) the World Institute of Kimchi
c) the World Institute of Fermentation
d) the World Kimchi University

4) What thing in the gut attaches to nanoplastics?
a) the intestines
b) food
c) acid
d) a microbe

5) What organs are mentioned besides the brain and heart?
a) the pancreas and bladder
b) the skin and lungs
c) the kidneys and liver
d) the intestines and spleen

6) Who is getting more worried about nanoplastics?
a) the CEO of a plastics company
b) the medical community
c) a Nobel prize winner
d) a man named Bob

7) How many side effects are there of nanoplastics in our body?
a) several
b) hundreds
c) dozens
d) an unknown number

8) How much microplastic might there be in our bodies?
a) more than 120,000
b) up to 120,000
c) around 120,000
d) exactly 120,000

9) What is the mass of plastic in our bodies likened to?
a) a water bottle
b) a credit card
c) a shopping bag
d) a bucket

10) What will researchers continue to research the scientific value of?
a) kimchi
b) fermentation processes
c) nanoplastics
d) macroplastics

ROLE PLAY

From https://breakingnewsenglish.com2604/260402-kimchi-nanoplastics.html

Role A – Pens

You think pens are the most important things made of plastic. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least useful of these (and why): bags, food containers or packaging materials.

Role B – Bags

You think bags are the most important things made of plastic. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least useful of these (and why): pens, food containers or packaging materials.

Role C – Food Containers

You think food containers are the most important things made of plastic. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least useful of these (and why): bags, pens or packaging materials.

Role D – Packaging Materials

You think packaging materials are the most important things made of plastic. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least useful of these (and why): bags, food containers or pens.

AFTER READING / LISTENING

From https://breakingnewsenglish.com2604/260402-kimchi-nanoplastics.html

1. WORD SEARCH: Look online / in your dictionary to find collocates, information on, synonyms for… the words 'kimchi' and 'plastic'.

kimchi	**plastic**

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning…?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

• written	• concern
• larger	• side
• help	• estimates
• itself	• print
• foreign	• derived
• liver	• value

NANOPLASTICS SURVEY

From https://breakingnewsenglish.com2604/260402-kimchi-nanoplastics.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.

NANOPLASTICS DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'plastic'?
3. What do you know about the Korean food kimchi?
4. What other fermented food do you know about?
5. How worried are you about nanoplastics?
6. How much do we need plastic?
7. How can we use plastic less?
8. How do you feel when you see plastic pollution on beaches?
9. What do you know about Korean food?
10. How healthy do you think you are?

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NANOPLASTICS DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'nanoplastics'?
13. What do you think about what you read?
14. How do you feel about plastic being in your brain
15. What side effects might there be of plastic in our body?
16. What can we do to stop plastic from entering our bodies?
17. Will you eat kimchi to get rid of nanoplastics?
18. What do you think of plastic surgery?
19. What problems will plastic cause in 50 years from now?
20. What questions would you like to ask the researchers?

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

LANGUAGE - CLOZE

From https://breakingnewsenglish.com2604/260402-kimchi-nanoplastics.html

Scientists have (1) _____ extensively about the prevalence of microplastics and nanoplastics in the environment and in our (2) _____. Microplastics are larger than a micrometre (1 millionth of a metre), while nanoplastics are smaller than a micrometre. A new study has found that bacteria (3) _____ the fermented Korean dish kimchi can help (4) _____ expel nanoplastics from the body. Researchers at the World Institute of Kimchi in South Korea have discovered a microbe that can attach itself to nanoplastics in the (5) _____. The foreign body is then safely expelled in our bodily waste. The plastic does not pass through the intestinal (6) _____ and accumulate in organs like the brain, heart, kidneys, and liver.

Nanoplastics are (7) _____ increasing concern to the medical community. There are many unknown side effects of these tiny particles being in our (8) _____. Current estimates suggest people take in up to 120,000 microscopic fragments every year. Newspapers often print stories about our body containing 7 grams of plastic, which is about the (9) _____ of a credit card. The Korean scientists believe their research might alleviate the accumulation of plastic in our bodies. Lead researcher Dr Se-hee Lee said: "Microorganisms derived from (10) _____ fermented foods could represent a new biological approach to (11) _____ this emerging challenge. We will continue to expand the scientific value (12) _____ kimchi."

Put the correct words from the table below in the above article.

1.	(a)	write	(b)	wrote	(c)	writes	(d)	written
2.	(a)	bode	(b)	bodily	(c)	bodied	(d)	bodies
3.	(a)	at	(b)	from	(c)	to	(d)	as
4.	(a)	at	(b)	from	(c)	to	(d)	as
5.	(a)	glut	(b)	glute	(c)	gut	(d)	gutter
6.	(a)	lining	(b)	drawing	(c)	filling	(d)	ending
7.	(a)	at	(b)	of	(c)	on	(d)	if
8.	(a)	organs	(b)	keyboards	(c)	pianos	(d)	instruments
9.	(a)	mess	(b)	mass	(c)	mast	(d)	must
10.	(a)	traditionally	(b)	traditions	(c)	traditional	(d)	tradition
11.	(a)	title	(b)	stamp	(c)	address	(d)	envelope
12.	(a)	down	(b)	up	(c)	at	(d)	of

SPELLING

From https://breakingnewsenglish.com2604/260402-kimchi-nanoplastics.html

Paragraph 1

1. scientists have written xltivnyesee
2. the plernvacee of microplastics
3. tahcat itself to nanoplastics
4. safely leeeldxp in our bodily waste
5. pass through the etnasinlit lining
6. accumulate in gnrsao like the brain

Paragraph 2

7. nanoplastics are of increasing enconrc
8. There are many unknown side ffetces
9. 120,000 microscopic eantsgmfr
10. rnsteeper a new biological approach
11. esdadsr this emerging challenge
12. expand the eitinisfcc value of kimchi

PUT THE TEXT BACK TOGETHER

From https://breakingnewsenglish.com2604/260402-kimchi-nanoplastics.html

Number these lines in the correct order.

( ) a microbe that can attach itself to nanoplastics in the gut. The foreign body is then safely

( ) accumulate in organs like the brain, heart, kidneys, and liver.

( ) accumulation of plastic in our bodies. Lead researcher Dr Se-hee Lee said: "Microorganisms derived

( ) challenge. We will continue to expand the scientific value of kimchi."

( ) dish kimchi can help to expel nanoplastics from the body. Researchers at the World Institute of Kimchi in South Korea have discovered

( ) effects of these tiny particles being in our organs. Current estimates suggest people take in up to 120,000 microscopic

( ) expelled in our bodily waste. The plastic does not pass through the intestinal lining and

( ) fragments every year. Newspapers often print stories about our body containing 7 grams of plastic, which is about the mass

( ) from traditional fermented foods could represent a new biological approach to address this emerging

( ) in our bodies. Microplastics are larger than a micrometre (1 millionth of a metre), while nanoplastics are smaller than a

( ) micrometre. A new study has found that bacteria from the fermented Korean

( ) Nanoplastics are of increasing concern to the medical community. There are many unknown side

( ) of a credit card. The Korean scientists believe their research might alleviate the

(***1***) Scientists have written extensively about the prevalence of microplastics and nanoplastics in the environment and

PUT THE WORDS IN THE RIGHT ORDER

From https://breakingnewsenglish.com2604/260402-kimchi-nanoplastics.html

1. about extensively have prevalence Scientists the written .

2. Bacteria dish fermented from kimchi Korean the .

3. body expel from helps It nanoplastics the to .

4. A attach can itself microbe nanoplastics that to .

5. does intestinal lining not pass Plastic the through .

6. are community concern medical Nanoplastics of the to .

7. are effects many of side these There unknown .

8. about body Newspapers often our print stories .

9. accumulation alleviate might of plastic research the Their .

10. continue expand scientific the to value We will .

CIRCLE THE CORRECT WORD (20 PAIRS)

From https://breakingnewsenglish.com2604/260402-kimchi-nanoplastics.html

Scientists have *written / writing* extensively about the prevalence of microplastics and nanoplastics in the environment and *in / at* our bodies. Microplastics are *larger / that* than a micrometre (1 millionth of a metre), while nanoplastics are smaller *for / than* a micrometre. A new study has found that bacteria from the fermented Korean dish kimchi can *helping / help* to expel nanoplastics from *the / a* body. Researchers at the World Institute of Kimchi in South Korea have *discovered / discovery* a microbe that can attach itself to nanoplastics in the *gut / tut*. The foreign body is then safely expelled in our bodily waste. The plastic does not *passing / pass* through the intestinal lining and accumulate in organs like the brain, heart, kidneys, and *livery / liver*.

Nanoplastics are *of / off* increasing concern to the medical community. There are many unknown *side / front* effects of these tiny particles being *in / on* our organs. Current estimates suggest people *give / take* in up to 120,000 microscopic fragments every year. Newspapers often print stories about our body *containing / contents* 7 grams of plastic, which is about the *mass / mess* of a credit card. The Korean scientists believe their research might alleviate the *accumulate / accumulation* of plastic in our bodies. Lead researcher Dr Se-hee Lee said: "Microorganisms *derives / derived* from traditional fermented foods *could / can* represent a new biological approach to address this emerging challenge. We will continue to expand the scientific *value / valuable* of kimchi."

Talk about the connection between each pair of words in italics, and why the correct word is correct. Look up the definition of new words.

INSERT THE VOWELS (a, e, i, o, u)

From https://breakingnewsenglish.com2604/260402-kimchi-nanoplastics.html

Sc__nt_sts h_v_ wr_tt_n _xt_ns_v_ly _b__t th_ pr_v_l_nc_ _f m_cr_pl_st_cs _nd n_n_pl_st_cs _n th_ _nv_r_nm_nt _nd _n __r b_d__s. M_cr_pl_st_cs _r_ l_rg_r th_n _ m_cr_m_tr_ (1 m_ll__nth _f _ m_tr_), wh_l_ n_n_pl_st_cs _r_ sm_ll_r th_n _ m_cr_m_tr_. _ n_w st_dy h_s f__nd th_t b_ct_r__ fr_m th_ f_rm_nt_d K_r__n d_sh k_mch_ c_n h_lp t_ _xp_l n_n_pl_st_cs fr_m th_ b_dy. R_s__rch_rs _t th_ W_rld _nst_t_t_ _f K_mch_ _n S__th K_r__ h_v_ d_sc_v_r_d _ m_cr_b_ th_t c_n _tt_ch _ts_lf t_ n_n_pl_st_cs _n th_ g_t. Th_ f_r__gn b_dy _s th_n s_f_ly _xp_ll_d _n __r b_d_ly w_st_. Th_ pl_st_c d__s n_t p_ss thr__gh th_ _nt_st_n_l l_n_ng _nd _cc_m_l_t_ _n _rg_ns l_k_ th_ br__n, h__rt, k_dn_ys, _nd l_v_r.

N_n_pl_st_cs _r_ _f _ncr__s_ng c_nc_rn t_ th_ m_d_c_l c_mm_n_ty. Th_r_ _r_ m_ny _nkn_wn s_d_ _ff_cts _f th_s_ t_ny p_rt_cl_s b__ng _n __r _rg_ns. C_rr_nt _st_m_t_s s_gg_st p__pl_ t_k_ _n _p t_ 120,000 m_cr_sc_p_c fr_gm_nts _v_ry y__r. N_wsp_p_rs _ft_n pr_nt st_r__s _b__t __r b_dy c_nt__n_ng 7 gr_ms _f pl_st_c, wh_ch _s _b__t th_ m_ss _f _ cr_d_t c_rd. Th_ K_r__n sc__nt_sts b_l__v_ th__r r_s__rch m_ght _ll_v__t_ th_ _cc_m_l_t__n _f pl_st_c _n __r b_d__s. L__d r_s__rch_r Dr S_-h__ L__ s__d: "M_cr__rg_n_sms d_r_v_d fr_m tr_d_t__n_l f_rm_nt_d f__ds c__ld r_pr_s_nt _ n_w b__l_g_c_l _ppr__ch t_ _ddr_ss th_s _m_rg_ng ch_ll_ng_. W_ w_ll c_nt_n__ t_ _xp_nd th_ sc__nt_f_c v_l__ _f k_mch_."

PUNCTUATE THE TEXT AND ADD CAPITALS

From https://breakingnewsenglish.com2604/260402-kimchi-nanoplastics.html

scientists have written extensively about the prevalence of microplastics and nanoplastics in the environment and in our bodies microplastics are larger than a micrometre 1 millionth of a metre while nanoplastics are smaller than a micrometre a new study has found that bacteria from the fermented korean dish kimchi can help to expel nanoplastics from the body researchers at the world institute of kimchi in south korea have discovered a microbe that can attach itself to nanoplastics in the gut the foreign body is then safely expelled in our bodily waste the plastic does not pass through the intestinal lining and accumulate in organs like the brain heart kidneys and liver

nanoplastics are of increasing concern to the medical community there are many unknown side effects of these tiny particles being in our organs current estimates suggest people take in up to 120000 microscopic fragments every year newspapers often print stories about our body containing 7 grams of plastic which is about the mass of a credit card the korean scientists believe their research might alleviate the accumulation of plastic in our bodies lead researcher dr sehee lee said microorganisms derived from traditional fermented foods could represent a new biological approach to address this emerging challenge we will continue to expand the scientific value of kimchi

PUT A SLASH (/) WHERE THE SPACES ARE

From https://breakingnewsenglish.com2604/260402-kimchi-nanoplastics.html

Scientistshavewrittenextensivelyabouttheprevalenceofmicroplastic
sandnanoplasticsintheenvironmentandinourbodies.Microplasticsar
elargerthanamicrometre(1millionthofametre),whilenanoplasticsare
smallerthanamicrometre.Anewstudyhasfoundthatbacteriafromthef
ermentedKoreandishkimchicanhelptoexpelnanoplasticsfromthebod
y.ResearchersattheWorldInstituteofKimchiinSouthKoreahavedisco
veredamicrobethatcanattachitselftonanoplasticsinthegut.Theforeig
nbodyisthensafelyexpelledinourbodilywaste.Theplasticdoesnotpass
throughtheintestinalliningandaccumulateinorganslikethebrain,hear
t,kidneys,andliver.Nanoplasticsareofincreasingconcerntothemedic
alcommunity.Therearemanyunknownsideeffectsofthesetinyparticle
sbeinginourorgans.Currentestimatessuggestpeopletakeinupto120,
000microscopicfragmentseveryyear.Newspapersoftenprintstoriesa
boutourbodycontaining7gramsofplastic,whichisaboutthemassofacr
editcard.TheKoreanscientistsbelievetheirresearchmightalleviatethe
accumulationofplasticinourbodies.LeadresearcherDrSe-heeLeesaid
:"Microorganismsderivedfromtraditionalfermentedfoodscouldrepre
sentanewbiologicalapproachtoaddressthisemergingchallenge.Wewi
llcontinuetoexpandthescientificvalueofkimchi."

FREE WRITING

From https://breakingnewsenglish.com2604/260402-kimchi-nanoplastics.html

Write about **nanoplastics** for 10 minutes. Comment on your partner's paper.

ACADEMIC WRITING

From https://breakingnewsenglish.com2604/260402-kimchi-nanoplastics.html

We should stop using plastic things. Discuss.

HOMEWORK

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find out more about this news story. Share what you discover with your partner(s) in the next lesson.

3. NANOPLASTICS: Make a poster about nanoplastics. Show your work to your classmates in the next lesson. Did you all have similar things?

4. STOP USING PLASTIC: Write a magazine article about all of us no longer using plastic. Include imaginary interviews with people who are for and against this.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

5. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

6. LETTER: Write a letter to an expert on nanoplastics. Ask him/her three questions about them. Give him/her three of your ideas on how we can reduce our reliance on plastic. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

1.	c	2.	e	3.	d	4.	a	5.	f	6.	g	7.	b
8.	k	9.	h	10.	i	11.	n	12.	m	13.	j	14.	l

TRUE / FALSE (p.5)

1	F	2	F	3	T	4	T	5	F	6	T	7	F	8	T

SYNONYM MATCH (p.5)

1. e	2. i	3. g	4. b	5. d
6. a	7. j	8. f	9. h	10. c

COMPREHENSION QUESTIONS (p.9)

1. Scientists
2. Smaller than 1 millionth of a metre
3. The World Institute of Kimchi
4. A microbe
5. The kidneys and liver
6. The medical community
7. An unknown number
8. Up to 120,000
9. A credit card
10. Kimchi

WORDS IN THE RIGHT ORDER (p.19)

1. Scientists have written extensively about the prevalence.
2. Bacteria from the fermented Korean dish kimchi.
3. It helps to expel nanoplastics from the body.
4. A microbe that can attach itself to nanoplastics.
5. Plastic does not pass through the intestinal lining.
6. Nanoplastics are of concern to the medical community.
7. There are many unknown side effects of these.
8. Newspapers often print stories about our body.
9. Their research might alleviate the accumulation of plastic.
10. We will continue to expand the scientific value.

MULTIPLE CHOICE - QUIZ (p.10)

1.	c	2.	a	3.	b	4.	d	5.	c	6.	b	7.	d	8.	b	9.	b	10.	a

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)