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Level 2 – 18th April 2024

Seafood could have higher levels of 'forever chemicals'

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

<https://breakingnewsenglish.com/2404/240418-seafood-forever-chemicals-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/2404/240418-seafood-forever-chemicals-2.html>

A new study says higher levels of "forever chemicals" may be in seafood. Forever chemicals are man-made toxins. They do not break down. They can stay in our blood and lead to a variety of health issues. These include cancer, and kidney and liver problems. Researchers in the USA said there should be safety guidelines for these chemicals in seafood. The level of these toxins is highest in marine creatures like prawns and lobster. This could mean people who love sushi and prawn cocktails may have to rethink their diet and eat less seafood.

Forever chemicals were developed in the 1930s. Today, they are found in food packaging. Most of our food wrappers, take out containers, and other food holders contain the chemicals. Over the decades, the chemicals have entered our food chain. Professor Megan Romano said she wanted people to enjoy seafood, but also to be aware of the risks. She said: "Our recommendation isn't to not eat seafood. Seafood is a great source of lean protein and omega fatty acids." She thinks it is important for people to understand more about what is in the food they eat.

Sources: <https://scitechdaily.com/dartmouth-research-uncovers-hidden-dangers-in-popular-seafoods/>
<https://www.newsweek.com/warning-toxic-forever-chemical-risk-seafood-diet-1889465>
<https://link.springer.com/article/10.1007/s12403-024-00640-w>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2404/240418-seafood-forever-chemicals-2.html>

PARAGRAPH ONE:

- | | |
|-------------------------------|--------------------------|
| 1. Forever chemicals are man- | a. guidelines |
| 2. They do not break | b. prawn cocktails |
| 3. lead to a variety | c. made toxins |
| 4. kidney and | d. eat less seafood |
| 5. safety | e. of health issues |
| 6. marine | f. liver problems |
| 7. people who love sushi and | g. down |
| 8. rethink their diet and | h. creatures like prawns |

PARAGRAPH TWO:

- | | |
|-------------------------------------|--------------------|
| 1. Forever chemicals were developed | a. our food chain |
| 2. food | b. they eat |
| 3. food holders contain | c. packaging |
| 4. Over the | d. the chemicals |
| 5. the chemicals have entered | e. of lean protein |
| 6. Our recommendation isn't to | f. in the 1930s |
| 7. Seafood is a great source | g. decades |
| 8. what is in the food | h. not eat seafood |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2404/240418-seafood-forever-chemicals-2.html>

A (1) _____ higher levels of "forever chemicals" may be in seafood. Forever chemicals are (2) _____. They do not break down. They can stay in our blood and lead to a (3) _____ issues. These include cancer, and kidney and liver problems. Researchers in the USA said there should (4) _____ for these chemicals in seafood. The level of these toxins is highest in (5) _____ prawns and lobster. This could mean people who love sushi and prawn cocktails may have to rethink their (6) _____ less seafood.

Forever chemicals were (7) _____ 1930s. Today, they are found in food packaging. Most of (8) _____, take out containers, and other food holders contain the chemicals. Over the decades, the chemicals have entered (9) _____. Professor Megan Romano said she wanted people to enjoy seafood, but also to (10) _____ the risks. She said: "Our recommendation isn't to not eat seafood. Seafood is a (11) _____ lean protein and omega fatty acids." She thinks it is important for people to understand more about (12) _____ the food they eat.

PUT A SLASH (/) WHERE THE SPACES ARE

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SEAFOOD SURVEY

From <https://breakingnewsenglish.com/2404/240418-seafood-forever-chemicals-2.html>

Write five GOOD questions about seafood 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/2404/240418-seafood-forever-chemicals-2.html>

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