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**Level 5 – 14th January, 2019**

## **Brake pads could harm our immune system**

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

<https://breakingnewsenglish.com/2001/200114-brake-pads-5.html>

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**Please try Levels 4 and 6. They are (a little) harder.**

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# THE READING

From <https://breakingnewsenglish.com/2001/200114-brake-pads-5.html>

There is a new menace on the roads that could harm our health - brake pads. Scientists have discovered that toxic dust and metal particles from brake pads could have the same harmful impact on our bodies as diesel emissions. Researchers found that fine dust released when a vehicle brakes could cause inflammation of the lungs, reduced immunity, an increased risk of respiratory problems, and serious infections like bronchitis or pneumonia. It is estimated that 93 per cent of particulate pollution from traffic comes from tyres, clutches, brake pads, and road dust.

The scientists say brake dust could be causing what they dubbed as "London throat". Sufferers continually experience runny noses and annoying coughs and colds, which could be caused by inhaling brake dust. Metal particles coat the lungs and prevent cells in our immune system from clearing harmful bacteria. A researcher said dust from brake pads and tyres, etc. casts doubt on motor industry claims of zero-emission cars. He said: "There is no such thing as a zero-emission vehicle." He warned that brake dust and other pollutants are, "likely to become more significant".

Sources: <https://www.bbc.com/news/uk-england-london-51049326>  
<https://pubs.rsc.org/en/content/articlehtml/2020/mt/c9mt00253g?page=search>  
<https://www.telegraph.co.uk/science/2020/01/09/do-have-london-throat-scrapping-speed-bumps-could-help/>

# PHRASE MATCHING

From <https://breakingnewsenglish.com/2001/200114-brake-pads-5.html>

## PARAGRAPH ONE:

- |                                       |                        |
|---------------------------------------|------------------------|
| 1. There is a new                     | a. bronchitis          |
| 2. metal                              | b. emissions           |
| 3. diesel                             | c. comes from tyres    |
| 4. fine                               | d. particles           |
| 5. cause inflammation                 | e. menace on the roads |
| 6. an increased risk of respiratory   | f. dust                |
| 7. serious infections like            | g. of the lungs        |
| 8. particulate pollution from traffic | h. problems            |

## PARAGRAPH TWO:

- |                          |                    |
|--------------------------|--------------------|
| 1. what they dubbed as   | a. noses           |
| 2. runny                 | b. significant     |
| 3. annoying coughs       | c. claims          |
| 4. casts                 | d. "London throat" |
| 5. motor industry        | e. doubt           |
| 6. There is no such      | f. pollutants      |
| 7. brake dust and other  | g. and colds       |
| 8. likely to become more | h. thing           |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2001/200114-brake-pads-5.html>

There is a (1) \_\_\_\_\_ the roads that could harm our health - brake pads. Scientists have discovered (2) \_\_\_\_\_ and metal particles from brake pads could have the same (3) \_\_\_\_\_ our bodies as diesel emissions. Researchers found that fine dust released when a (4) \_\_\_\_\_ cause inflammation of the lungs, reduced immunity, an (5) \_\_\_\_\_ respiratory problems, and serious infections like bronchitis or pneumonia. It is estimated that 93 per cent of particulate pollution from (6) \_\_\_\_\_ tyres, clutches, brake pads, and road dust.

The scientists say brake dust could be causing what (7) \_\_\_\_\_ "London throat". Sufferers continually experience runny noses and (8) \_\_\_\_\_ colds, which could be caused by inhaling brake dust. Metal particles (9) \_\_\_\_\_ and prevent cells in our immune system from clearing harmful bacteria. A researcher said dust from brake pads and tyres, etc. (10) \_\_\_\_\_ motor industry claims of zero-emission cars. He said: "There is (11) \_\_\_\_\_ as a zero-emission vehicle." He warned that brake dust and other pollutants are, "(12) \_\_\_\_\_ more significant".

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2001/200114-brake-pads-5.html>

There is a new menace on the road that could harm our health - brake pads. Scientists have discovered that toxic dust and metal particles from brake pads could have the same harmful impact on our bodies as diesel emissions. Researchers found that fine dust released when a vehicle brakes could cause inflammation of the lungs, reduced immunity, an increased risk of respiratory problems, and serious infections like bronchitis or pneumonia. It is estimated that 93 percent of particulate pollution from traffic comes from tyres, clutches, brake pads, and road dust. The scientists say brake dust could be causing what they dubbed as "London throat". Sufferers continually experience runny noses and annoying coughs and colds, which could be caused by inhaling brake dust. Metal particles coat the lungs and prevent cells in our immune system from clearing harmful bacteria. A researcher said dust from brake pads and tyres, etc. casts doubt on motor industry claims of zero-emission cars. He said: "There is no such thing as a zero-emission vehicle." He warned that brake dust and other pollutants are "likely to become more significant".

# OUR IMMUNE SYSTEM SURVEY

From <https://breakingnewsenglish.com/2001/200114-brake-pads-4.html>

Write five GOOD questions about our immune system 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) \_\_\_\_\_

*Brake pads could harm our immune system – 14th January, 2019*  
More free lessons at [breakingnewsenglish.com](http://breakingnewsenglish.com)

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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) \_\_\_\_\_

