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Level 5 – 14th August 2023

Microplastics found in human heart for first time

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<https://breakingnewsenglish.com/2308/230814-microplastics-in-human-heart-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/2308/230814-microplastics-in-human-heart-5.html>

Many of us are aware of the harm plastic does to the environment. Fewer people know about the threat from the microplastics. Scientists found them in our bodies more than a decade ago. Researchers have now found them in the human heart. Scientists in China collected tissue samples from patients undergoing heart surgery. They discovered tiny pieces of plastic from many sources. They included a plastic commonly used in an alternative to glass, a polythene used in clothing and food containers, and a substance used in construction.

The scientists found "thousands of individual microplastic pieces in most tissue samples". Chemicals from microplastics are released into the body, which can lead to allergic reactions, cancer, and cell death, among other problems. Scientists say the average person consumes around five grams of microplastics a week, or 52,000 pieces a year. Microplastics also make up 39 per cent of dust particles in our homes. Scientists say these are almost impossible to remove from the body. It is becoming critical to limit the amount of plastic we breathe in, ingest or swallow.

Sources: <https://www.dailymail.co.uk/health/article-12384881/Microplastics-discovered-human-HEART.html>
<https://people.com/microplastics-discovered-human-heart-tissue-first-time-7642489>
<https://www.iflscience.com/thousands-of-microplastics-discovered-in-human-heart-tissue-for-first-time-70199>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2308/230814-microplastics-in-human-heart-5.html>

PARAGRAPH ONE:

- | | |
|--------------------------------|----------------------|
| 1. Many of us are aware | a. clothing |
| 2. Fewer people know about the | b. heart surgery |
| 3. Scientists found them | c. threat |
| 4. more than a | d. from many sources |
| 5. patients undergoing | e. in our bodies |
| 6. pieces of plastic | f. to glass |
| 7. an alternative | g. of the harm |
| 8. polythene used in | h. decade ago |

PARAGRAPH TWO:

- | | |
|---|----------------------|
| 1. tissue | a. or swallow |
| 2. microplastics are released | b. particles |
| 3. allergic | c. samples |
| 4. the average | d. amount of plastic |
| 5. dust | e. reactions |
| 6. almost impossible to remove | f. person |
| 7. It is becoming critical to limit the | g. into the body |
| 8. breathe in, ingest | h. from the body |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2308/230814-microplastics-in-human-heart-5.html>

Many of (1) _____ of the harm plastic does to the environment. Fewer people know about (2) _____ the microplastics. Scientists found them in our bodies more than a decade ago. Researchers have (3) _____ in the human heart. Scientists in China collected tissue samples from patients undergoing heart surgery. They discovered (4) _____ plastic from many sources. They included a plastic commonly used in an (5) _____, a polythene used in clothing and food containers, (6) _____ used in construction.

The scientists found "thousands of individual microplastic pieces in (7) _____". Chemicals from microplastics are released into the body, which can (8) _____ reactions, cancer, and cell death, (9) _____. Scientists say the average person consumes around five grams of microplastics a week, or 52,000 pieces a year. Microplastics also make up 39 per cent (10) _____ in our homes. Scientists say these are almost impossible to remove from the body. It is becoming (11) _____ the amount of plastic (12) _____, ingest or swallow.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2308/230814-microplastics-in-human-heart-5.html>

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MICROPLASTICS SURVEY

From <https://breakingnewsenglish.com/2308/230814-microplastics-in-human-heart-4.html>

Write five GOOD questions about microplastics 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) _____

