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Level 1 – 6th November 2025

Different foods affect your body's smells

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

<https://breakingnewsenglish.com2511/251106-food-and-body-smell-1.html>

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Please try Levels 0, 2 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2511/251106-food-and-body-smell-1.html>

Food and drink can affect our body smells. Researchers say we have a unique pattern of smells. What we eat can change this. A health and wellness professor said the smells our body gives off come from two places. One is the bacteria in our stomach. When bacteria break down food, they release gases. These gases can give us bad breath. The second place is the skin. Food changes the smell of our skin when we sweat.

The food that makes the strongest body smells contain sulphur. This has a "bad-egg smell". Broccoli and cabbage contain sulphur. Another food is garlic. This makes our breath smell. Researchers say it can also make our armpits smell nicer. Drinks also affect smells. Alcohol can lead to bad breath. Coffee and tea produce sweat in our armpits and groin. If we want to smell nicer, we should eat fruit, parsley, and yoghurt, and drink water and green tea.

Sources: <https://www.bbc.com/future/article/20251031-the-foods-that-make-you-smell-more-attractive>
<https://health.clevelandclinic.org/how-7-different-foods-affect-your-body-odor>
<https://www.theskimm.com/health/nutrition/foods-that-cause-body-odor>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2511/251106-food-and-body-smell-1.html>

PARAGRAPH ONE:

- | | |
|--------------------------------|----------------------|
| 1. drink can affect | a. breath |
| 2. we have a unique pattern | b. can change this |
| 3. What we eat | c. sweat |
| 4. the bacteria in | d. our skin |
| 5. These gases can give us bad | e. place is the skin |
| 6. The second | f. our body smells |
| 7. Food changes the smell of | g. our stomach |
| 8. when we | h. of smells |

PARAGRAPH TWO:

- | | |
|---------------------------------|--------------------------|
| 1. The food that makes the | a. to bad breath |
| 2. This has a | b. contain sulphur |
| 3. Broccoli and cabbage | c. to smell nicer |
| 4. Another food | d. smell nicer |
| 5. This makes | e. strongest body smells |
| 6. it can also make our armpits | f. is garlic |
| 7. Alcohol can lead | g. "bad-egg smell" |
| 8. If we want | h. our breath smell |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2511/251106-food-and-body-smell-1.html>

Food and drink (1) _____ body smells.

Researchers say we have a unique

(2) _____. What we eat can change this. A

health and wellness professor said the smells our body gives off

come (3) _____. One is the bacteria in our

stomach. When (4) _____ food, they release

gases. These gases can give (5) _____. The

second place is the skin. Food changes the smell of our skin

(6) _____.

The food that makes the strongest (7) _____

sulphur. This has a "bad-egg smell". Broccoli and cabbage contain

sulphur. Another (8) _____. This makes our

breath smell. Researchers say it can also

(9) _____ smell nicer. Drinks also affect

smells. Alcohol can lead to bad breath. Coffee

(10) _____ sweat in our armpits and groin. If

we want (11) _____, we should eat fruit,

parsley, and yoghurt, and (12) _____ green

tea.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2511/251106-food-and-body-smell-1.html>

Food and drink can affect our body's smells. Researchers say we have a unique pattern of smells. What we eat can change this. A health and wellness professor said the smells our body gives off come from two places. One is the bacteria in our stomach. When bacteria break down food, they release gases. These gases can give us bad breath. The second place is the skin. Food changes the smell of our skin when we sweat. The food that makes the strongest body smells contains sulphur. This has a "bad-egg smell". Broccoli and cabbage contain sulphur. Another food is garlic. This makes our breath smell. Researchers say it can also make our armpits smell nicer. Drinking alcohol also affects smells. Alcohol can lead to bad breath. Coffee and tea produce sweat in our armpits and groin. If we want to smell nicer, we should eat fruit, parsley, and yoghurt, and drink water and green tea.

BODY SMELLS SURVEY

From <https://breakingnewsenglish.com/2511/251106-food-and-body-smell-4.html>

Write five GOOD questions about body smells 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/2511/251106-food-and-body-smell-1.html>

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

[illegible]