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**Level 2 – 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-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/2511/251106-food-and-body-smell-2.html>

What we eat can affect our bodily smells. Studies at worldwide universities have shown that what we eat and drink changes our body smells. Researchers say we have a unique pattern of smells, like our unique fingerprints. An assistant professor of health and wellness in New York said the odours our body gives off come from two places. One is the stomach, which is full of bacteria. When these break bacteria down food, gases are released when we breathe. These gases can give us bad breath. The second place is the skin. Food changes the smell of our skin when we sweat.

The foods that make the strongest body smells contain sulphur. This has a "bad-egg smell". Vegetables like broccoli and cabbage contain sulphur. Another food that affects us is garlic. This makes our breath smell. Researchers say it can also make our armpits smell nicer. Drinks also affect body odours. Alcohol can lead to strong bodily smells and bad breath. Caffeine in coffee and tea produces sweat in places like our armpits and groin. If we want to smell a little sweeter, 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-2.html>

## PARAGRAPH ONE:

- |                                        |                             |
|----------------------------------------|-----------------------------|
| 1. What we eat can                     | a. bad breath               |
| 2. Studies at                          | b. of our skin              |
| 3. we have a unique pattern            | c.                          |
| 4. like our unique                     | d. sweat                    |
| 5. When these break bacteria down food | e. affect our bodily smells |
| 6. These gases can give us             | f. of smells                |
| 7. Food changes the smell              | g. worldwide universities   |
| 8. when we                             | h. fingerprints             |

## PARAGRAPH TWO:

- |                                  |                     |
|----------------------------------|---------------------|
| 1. foods that make the strongest | a. smell            |
| 2. This has a                    | b. us is garlic     |
| 3. broccoli and cabbage          | c. breath           |
| 4. Another food that affects     | d. "bad-egg smell"  |
| 5. This makes our breath         | e. like our armpits |
| 6. it can also make our          | f. body smells      |
| 7. strong bodily smells and bad  | g. armpits smell    |
| 8. sweat in places               | h. contain sulphur  |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2511/251106-food-and-body-smell-2.html>

What we eat can (1) \_\_\_\_\_ smells. Studies at worldwide universities (2) \_\_\_\_\_ what we eat and drink changes our body smells. Researchers say we have a unique pattern of smells, (3) \_\_\_\_\_ fingerprints. An assistant professor of health and wellness in New York said the odours our body (4) \_\_\_\_\_ from two places. One is the stomach, which is full of bacteria. When these break bacteria down food, (5) \_\_\_\_\_ when we breathe. These gases can give us bad breath. The second place is the skin. Food changes the smell of our skin (6) \_\_\_\_\_.

The foods that (7) \_\_\_\_\_ body smells contain sulphur. This has a "bad-egg smell". Vegetables like broccoli and cabbage contain sulphur. Another food that affects (8) \_\_\_\_\_. This makes our breath smell. Researchers say it can also (9) \_\_\_\_\_ smell nicer. Drinks also affect body odours. Alcohol can lead to strong bodily smells (10) \_\_\_\_\_. Caffeine in coffee and tea produces sweat in places (11) \_\_\_\_\_ and groin. If we want to smell a little sweeter, we should eat fruit, parsley, and yoghurt, and drink (12) \_\_\_\_\_ tea.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2511/251106-food-and-body-smell-2.html>

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# BODY SMELLS SURVEY

From <https://breakingnewsenglish.com/2511/251106-food-and-body-smell-2.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<br>_____ | STUDENT 2<br>_____ | STUDENT 3<br>_____ |
|------|--------------------|--------------------|--------------------|
| 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) \_\_\_\_\_

*Different foods affect your body's smells – 6th November 2025*  
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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-2.html>

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

[illegible]