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Level 3 – 6th November 2025

Different foods affect your body's smells

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

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Please try Levels 0, 1 and 2 (they are easier).

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THE ARTICLE

From https://breakingnewsenglish.com2511/251106-food-and-body-smell.html

What we eat and drink can affect how our body smells. Various studies at universities around the world have shown that what we put into our bodies changes our bodily smells. Researchers say that each of us has a unique pattern of bodily odours. This is similar to the uniqueness of a fingerprint. Lina Begdache, an assistant professor of health and wellness at the State University of New York, said the odours our body gives off come from two areas. One is the stomach, which is full of bacteria. When these bacteria break down food, gases and chemicals are released through our breath. Some of these gases can give us bad breath. The second area is the skin. Food can change the smell of bacteria on our skin when we sweat.

Researchers say the foods that give off the strongest smells contain sulphur. This chemical often creates a "bad-egg smell". Vegetables like broccoli, cabbage, and cauliflower contain a lot of sulphur. Another food that affects how smelly we are is garlic. This is well known for making our breath smell. However, researchers say it can make our armpit sweat smell nicer. Scientists also say drinks affect body odours. Alcohol can lead to stronger, unattractive bodily smells and bad breath. Caffeine in coffee and tea creates chemicals that produce sweat in areas like our armpits and groin. If we want to smell a little sweeter, we should eat oranges, apples, 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

WARM-UPS

1. BODY SMELLS: Students walk around the class and talk to other students about body smells. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

> eat / drink / smells / researchers / body odour / fingerprint / health / bacteria / skin / sulphur / chemical / vegetables / garlic / armpit / sweat / caffeine / armpits / yoghurt

Have a chat about the topics you liked. Change topics and partners frequently.

3. B.O.: Students A **strongly** believe we should do everything we can do to not have body odour (B.O.); Students B **strongly** believe B.O. is not such a big problem. Change partners again and talk about your conversations.

4. PERSONAL HYGIENE: How bad are these personal hygiene issues? What can we do about them? Complete this table with your partner(s). Change partners often and share what you wrote.

	How Bad?	What We Can Do
Bad breath		
B.O. (body odour)		
Tooth decay		
Dirty fingernails		
Dirty clothes		
Smelly feet		

5. GARLIC: Spend one minute writing down all of the different words you associate with the word "garlic". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

6. NICE-SMELLING FOOD: Rank these with your partner. Put the best food for a nice-smelling body at the top. Change partners often and share your rankings.

- Chocolate
- Ginger
- Salmon
- Eggs
- Curry
- Strawberries
- Bread
- Mint

VOCABULARY MATCHING

Paragraph 1

1.	affect	a.	Change something or someone.
2.	various	b.	A smell.
3.	unique	c.	Many different kinds.
4.	similar	d.	The curly line patterns on the tip of your fingers.
5.	fingerprint	e.	Only one of its kind; totally different from anything else.
6.	odour	f.	Almost the same.
7.	bacteria	g.	Very small living things that can make food go bad or make people sick.

Paragraph 2

8.	chemical	h.	Make something happen.
9.	contain	i.	Water that comes from your skin when you are hot.
10.	armpit	j.	Something made of things that can change other things.
11.	sweat	k.	Air that goes in and out of your mouth or nose.
12.	lead to	l.	To have something inside.
13.	breath	m.	The area between your stomach and your legs.
14.	groin	n.	The area under your arm.

BEFORE READING / LISTENING

From https://breakingnewsenglish.com2511/251106-food-and-body-smell.html

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

1. Food but not drink affects the smells coming from our body. **T / F**
2. The article suggests our body smells are as unique as our fingerprints. **T / F**
3. Food changes our bodily smells via the stomach and the skin. **T / F**
4. The article says sweat can wash away bad-smelling bacteria on our skin. **T / F**
5. The chemical sulphur gives off a sweet-smelling smell. **T / F**
6. Garlic can make our armpits smell nicer. **T / F**
7. Chemicals from coffee can affect the sweat in our armpits. **T / F**
8. Drinking green tea is good if we want to smell sweeter. **T / F**

2. SYNONYM MATCH: (The words in **bold** are from the news article.)

1. affect	a. one of a kind
2. various	b. such as
3. odours	c. perspire
4. unique	d. change
5. sweat	e. makes
6. contain	f. consume
7. creates	g. different
8. like	h. regions
9. areas	i. smells
10. eat	j. have

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

1. each of us has a unique	a. fingerprint
2. This is similar to the uniqueness of a	b. contain sulphur
3. these bacteria break	c. skin when we sweat
4. Some of these gases can give	d. tea
5. the smell of bacteria on our	e. pattern of bodily odours
6. foods that give off the strongest smells	f. breath
7. This is well known for	g. us bad breath
8. unattractive bodily smells and bad	h. and groin
9. sweat in areas like our armpits	i. down food
10. drink water and green	j. making our breath smell

GAP FILL

From https://breakingnewsenglish.com2511/251106-food-and-body-smell.html

What we eat and drink can (1) _____ how our body smells. Various studies at universities around the world have shown that what we put into our bodies changes our (2) _____ smells. Researchers say that each of us has a unique (3) _____ of bodily odours. This is similar to the uniqueness of a fingerprint. Lina Begdache, an assistant professor of health and (4) _____ at the State University of New York, said the odours our body gives off come from two areas. One is the (5) _____, which is full of bacteria. When these bacteria break down food, gases and chemicals are released through our (6) _____. Some of these gases can give us (7) _____ breath. The second area is the skin. Food can change the smell of bacteria on our skin when we (8) _____.

wellness
bad
stomach
bodily
sweat
pattern
affect
breath

Researchers say the foods that (9) _____ off the strongest smells contain sulphur. This chemical often creates a "bad-(10) _____ smell". Vegetables like broccoli, cabbage, and cauliflower contain a lot of sulphur. Another food that affects how (11) _____ we are is garlic. This is well known for making our breath smell. However, researchers say it can make our (12) _____ sweat smell nicer. Scientists also say drinks affect body odours. Alcohol can lead to stronger, unattractive bodily smells and bad (13) _____. Caffeine in coffee and tea creates chemicals that produce sweat in areas like our (14) _____ and groin. If we want to smell a little (15) _____, we should eat oranges, apples, (16) _____, and yoghurt, and drink water and green tea.

smelly
breath
sweeter
egg
parsley
armpit
give
armpits

LISTENING – Guess the answers. Listen to check.

From https://breakingnewsenglish.com2511/251106-food-and-body-smell.html

1) What we eat and drink can affect how _____
   a. our body smelled
   b. our body smelling
   c. our body smells
   d. our body smelly
2) Researchers say that each of us has a unique pattern _____
   a. of bodily outdoors
   b. of bodily odours
   c. of bodily adders
   d. of bodily oh does
3) the odours our body gives off come _____
   a. from two area
   b. from two auras
   c. from two arenas
   d. from two areas
4) When these bacteria break down food, gases and chemicals are released _____
   a. through our breathe
   b. through our breath
   c. through our breather
   d. through our breathes
5) Food can change the smell of bacteria on our skin _____
   a. when we sweat
   b. when we sweet
   c. when we swat
   d. when we swathe
6) Researchers say the foods that give off the strongest _____
   a. smells content sulphur
   b. smells contain sulphur
   c. smells contents sulphur
   d. smells container sulphur
7) Vegetables like broccoli, cabbage, and cauliflower contain a _____
   a. lots of sulphur
   b. loads of sulphur
   c. lot of sulphur
   d. allot of sulphur
8) This is well known for making _____
   a. all breath smell
   b. we breath smell
   c. that breath smell
   d. our breath smell
9) Alcohol can lead to stronger, unattractive bodily smells _____
   a. and badly breath
   b. and baddie breath
   c. and badness breath
   d. and bad breath
10) tea creates chemicals that produce sweat in areas like our _____
   a. armpits and growing
   b. armpits and grain
   c. armpits and groin
   d. armpits and grown

LISTENING – Listen and fill in the gaps

From https://breakingnewsenglish.com2511/251106-food-and-body-smell.html

What we eat and drink can (1) _____ body smells. Various studies at universities around the world have shown that what we put (2) _____ changes our bodily smells. Researchers say that each of us has a unique pattern of bodily odours. This is similar to the uniqueness (3) _____. Lina Begdache, an assistant professor of health and wellness at the State University of New York, said the odours our body gives off come from two areas. One is the stomach, which is (4) _____. When these bacteria break down food, gases and chemicals are released through our breath. Some of these gases can give (5) _____. The second area is the skin. Food can change the smell of bacteria on our skin (6) _____.

Researchers say the foods that give off the strongest smells contain sulphur. This chemical often creates a "(7) _____". Vegetables like broccoli, cabbage, and cauliflower contain a lot of sulphur. Another food that affects how smelly we (8) _____. This is well known for making our breath smell. However, researchers say it can make our armpit (9) _____. Scientists also say drinks affect body odours. Alcohol can lead to stronger, unattractive bodily smells and bad breath. (10) _____ and tea creates chemicals that produce sweat in areas (11) _____ and groin. If we want to smell a little sweeter, we should eat oranges, apples, parsley, and yoghurt, and drink (12) _____ tea.

COMPREHENSION QUESTIONS

From https://breakingnewsenglish.com2511/251106-food-and-body-smell.html

1. What does the article say affects how our body smells?

2. What does each of us have that is unique?

3. What are our bodily odours similar to?

4. What does the article say the stomach is full of?

5. What does the article say gases from the stomach can give us?

6. What kind of smell does the chemical sulphur give off?

7. What vegetable besides broccoli and cauliflower has lots of sulphur?

8. What food might make our armpits smell nicer?

9. What creates chemicals that lead to sweat in our armpits?

10. What should we drink if we want to smell a little sweeter?

MULTIPLE CHOICE - QUIZ

From https://breakingnewsenglish.com2511/251106-food-and-body-smell.html

1) What does the article say affects how our body smells?
a) How old we are.
b) How much we exercise.
c) What we eat and drink.
d) The amount of sleep we get.

2) What does each of us have that is unique?
a) a pattern of bodily odours
b) food likes and dislikes
c) an appetite
d) taste buds

3) What are our bodily odours similar to?
a) smells in the animal kingdom
b) noise pollution
c) colours
d) a fingerprint

4) What does the article say the stomach is full of?
a) food
b) bacteria
c) liquid
d) bad smells

5) What does the article say gases from the stomach can give us?
a) a stomach ache
b) a full feeling
c) bad breath
d) a feeling of sickness

6) What kind of smell does the chemical sulphur give off?
a) a pleasant smell
b) a garlicky smell
c) a strange smell
d) a bad-egg smell

7) What vegetable besides broccoli and cauliflower has lots of sulphur?
a) eggplant
b) cabbage
c) lettuce
d) onion

8) What food might make our armpits smell nicer?
a) mint
b) ginger
c) strawberries
d) garlic

9) What creates chemicals that lead to sweat in our armpits?
a) caffeine
b) sugar
c) carbohydrates
d) protein

10) What should we drink if we want to smell a little sweeter?
a) coffee
b) orange juice
c) cola
d) water and green tea

ROLE PLAY

From https://breakingnewsenglish.com2511/251106-food-and-body-smell.html

Role A – Ginger

You think ginger is the food that makes our body smell best. Tell the others three reasons why. Tell them what is wrong with their foods. Also, tell the others which is the least likely of these to make our body smell nice of these (and why): eggs, strawberries or mint.

Role B – Eggs

You think eggs is the food that makes our body smell best. Tell the others three reasons why. Tell them what is wrong with their foods. Also, tell the others which is the least likely of these to make our body smell nice of these (and why): ginger, strawberries or mint.

Role C – Strawberries

You think strawberries are the food that makes our body smell best. Tell the others three reasons why. Tell them what is wrong with their foods. Also, tell the others which is the least likely of these to make our body smell nice of these (and why): eggs, ginger or mint.

Role D – Mint

You think mint is the food that makes our body smell best. Tell the others three reasons why. Tell them what is wrong with their foods. Also, tell the others which is the least likely of these to make our body smell nice of these (and why): eggs, strawberries or ginger.

AFTER READING / LISTENING

From https://breakingnewsenglish.com2511/251106-food-and-body-smell.html

1. WORD SEARCH: Look online / in your dictionary to find collocates, information on, synonyms for… the words 'body' and 'odour'.

body	**odour**

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning…?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

• various • unique • two • one • some • second	• contain • vegetables • garlic • alcohol • caffeine • sweeter

BODY SMELLS SURVEY

From https://breakingnewsenglish.com2511/251106-food-and-body-smell.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.

BODY SMELLS DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'body'?
3. Do you think we are what we eat?
4. What do you think about bodily smells?
5. Do you worry about having B.O. (body odour)?
6. How do you feel when someone has bad B.O.?
7. What's the best thing to do if you have B.O?
8. What's the best thing to do if you have bad breath?
9. How do you think the food you eat makes you smell?
10. Should we only eat food that makes us smell nice?

BODY SMELLS DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'odour'?
13. What do you think about what you read?
14. What do you think of a bad-egg smell?
15. Should we eat less cabbage and broccoli?
16. What do you think of eating garlic?
17. What do you think of using deodorant, body spray and perfume?
18. How do you think your favourite food changes your body smell?
19. Why is it important to drink lots of water?
20. What questions would you like to ask the researchers?

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

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DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

LANGUAGE - CLOZE

From https://breakingnewsenglish.com2511/251106-food-and-body-smell.html

What we eat and drink can (1) _____ how our body smells. Various studies at universities around the world have shown that what we put (2) _____ our bodies changes our bodily smells. Researchers say that each of us has a unique pattern of bodily odours. This is (3) _____ to the uniqueness of a fingerprint. Lina Begdache, an assistant professor of health and wellness at the State University of New York, said the odours our body gives (4) _____ come from two areas. One is the stomach, which is full of bacteria. When these bacteria break down food, gases and chemicals are (5) _____ through our breath. Some of these gases can give us bad breath. The second area is the skin. Food can change the smell of bacteria on our skin when we (6) _____.

Researchers say the foods that give off the strongest smells (7) _____ sulphur. This chemical often creates a "bad-egg smell". Vegetables like broccoli, cabbage, and cauliflower contain a lot of sulphur. Another food that affects (8) _____ smelly we are is garlic. This is well known for making our breath smell. However, researchers say it can (9) _____ our armpit sweat smell nicer. Scientists also say drinks affect body odours. Alcohol can lead to stronger, unattractive bodily smells and bad (10) _____. Caffeine in coffee and tea creates chemicals that produce sweat in areas like our armpits and groin. If we want to smell a (11) _____ sweeter, we should eat oranges, apples, parsley, and yoghurt, and drink water and (12) _____ tea.

Put the correct words from the table below in the above article.

1.	(a)	affect	(b)	reflect	(c)	infect	(d)	effect
2.	(a)	unto	(b)	onto	(c)	into	(d)	up to
3.	(a)	similarities	(b)	simile	(c)	similarity	(d)	similar
4.	(a)	on	(b)	off	(c)	in	(d)	to
5.	(a)	release	(b)	releasing	(c)	releases	(d)	released
6.	(a)	sweet	(b)	sweeten	(c)	sweat	(d)	sweats
7.	(a)	contents	(b)	contain	(c)	content	(d)	container
8.	(a)	how	(b)	what	(c)	that	(d)	such
9.	(a)	make	(b)	do	(c)	take	(d)	give
10.	(a)	breathe	(b)	breathing	(c)	breath	(d)	breather
11.	(a)	several	(b)	small	(c)	few	(d)	little
12.	(a)	greenish	(b)	green	(c)	greener	(d)	greenest

SPELLING

From https://breakingnewsenglish.com2511/251106-food-and-body-smell.html

Paragraph 1

1. asrouiv studies at universities

2. each of us has a iuequn pattern

3. an asiastnst professor of health

4. One is the asmocth

5. Some of these gases can give us bad ebrtha

6. Food can change the smell of citbaaer

Paragraph 2

7. This mcihelca often creates a "bad-egg smell"

8. broccoli, bcgaabe, and cauliflower

9. make our ptrmia sweat smell nicer

10. stronger, rivtetnaactu bodily smells

11. caienffe in coffee

12. urpdeco sweat in areas like our armpits

PUT THE TEXT BACK TOGETHER

From https://breakingnewsenglish.com2511/251106-food-and-body-smell.html

Number these lines in the correct order.

( ) bodily smells and bad breath. Caffeine in coffee and tea creates chemicals that produce sweat

( ) breath. The second area is the skin. Food can change the smell of bacteria on our skin when we sweat.

( ) down food, gases and chemicals are released through our breath. Some of these gases can give us bad

( ) eat oranges, apples, parsley, and yoghurt, and drink water and green tea.

( ) egg smell". Vegetables like broccoli, cabbage, and cauliflower contain a lot of sulphur. Another food that affects how smelly

( ) fingerprint. Lina Begdache, an assistant professor of health and wellness at the State University of New York, said the odours

( ) in areas like our armpits and groin. If we want to smell a little sweeter, we should

( ) of us has a unique pattern of bodily odours. This is similar to the uniqueness of a

( ) our body gives off come from two areas. One is the stomach, which is full of bacteria. When these bacteria break

( ) Researchers say the foods that give off the strongest smells contain sulphur. This chemical often creates a "bad-

( ) sweat smell nicer. Scientists also say drinks affect body odours. Alcohol can lead to stronger, unattractive

( ) we are is garlic. This is well known for making our breath smell. However, researchers say it can make our armpit

(***1***) What we eat and drink can affect how our body smells. Various studies at universities around the

( ) world have shown that what we put into our bodies changes our bodily smells. Researchers say that each

PUT THE WORDS IN THE RIGHT ORDER

From https://breakingnewsenglish.com2511/251106-food-and-body-smell.html

1. We bodily odours . pattern of have unique a

2. This fingerprints . is the uniqueness similar of to

3. Gases our through released breath . are and chemicals

4. Some give us breath . bad of these gases

5. Change bacteria on of skin . our smell the

6. Another how we smelly are that food affects

7. It's making well smell our known for breath .

8. Alcohol bodily stronger, unattractive smells . lead can to

9. Chemicals like our armpits . produce in that sweat areas

10. If sweeter . a smell little to we want

CIRCLE THE CORRECT WORD (20 PAIRS)

From https://breakingnewsenglish.com2511/251106-food-and-body-smell.html

What we eat and drink can *effect / affect* how our body smells. *Various / Variety* studies at universities around the world have *shown / showing* that what we put into our bodies changes our bodily smells. Researchers say that each of *them / us* has a unique pattern of bodily odours. This is similar to the uniqueness of a *fingernail / fingerprint*. Lina Begdache, an assistant professor of health and *well / wellness* at the State University of New York, said the odours our body gives off come from two areas. One is the stomach, which is *full / fully* of bacteria. When these bacteria break down food, gases and chemicals are released *threw / through* our breath. Some of these gases can give us *badly / bad* breath. The second area is the skin. Food can change the smell of bacteria on our skin when we *sweet / sweat*.

Researchers say the foods that give *off / on* the strongest smells contain sulphur. This chemical often *creating / creates* a "bad-egg smell". Vegetables like broccoli, cabbage, and cauliflower *content / contain* a lot of sulphur. Another food that affects how *smelly / smell* we are is garlic. This is well known for making our breath smell. However, researchers say it can make our armpit *sweet / sweat* smell nicer. Scientists also say drinks affect body odours. Alcohol can lead to stronger, unattractive bodily smells and bad *breathe / breath*. Caffeine in coffee and tea creates chemicals *what / that* produce sweat in *areas / area* like our armpits and groin. If we want to *smell / smelling* a little sweeter, we should eat oranges, apples, parsley, and yoghurt, and *drink / drinks* water and green tea.

Talk about the connection between each pair of words in italics, and why the correct word is correct. Look up the definition of new words.

INSERT THE VOWELS (a, e, i, o, u)

From https://breakingnewsenglish.com2511/251106-food-and-body-smell.html

Wh_t w_ __t _nd dr_nk c_n _ff_ct h_w __r b_dy sm_lls. V_r___s st_d__s _t _n_v_rs_t__s _r__nd th_ w_rld h_v_ sh_wn th_t wh_t w_ p_t _nt_ __r b_d__s ch_ng_s __r b_d_ly sm_lls. R_s__rch_rs s_y th_t __ch _f _s h_s _ _n_q__ p_tt_rn _f b_d_ly _d__rs. Th_s _s s_m_l_r t_ th_ _n_q__n_ss _f _ f_ng_rpr_nt. L_n_ B_gd_ch_, _n _ss_st_nt pr_f_ss_r _f h__lth _nd w_lln_ss _t th_ St_t_ _n_v_rs_ty _f N_w Y_rk, s__d th_ _d__rs __r b_dy g_v_s _ff c_m_ fr_m tw_ _r__s. _n_ _s th_ st_m_ch, wh_ch _s f_ll _f b_ct_r__. Wh_n th_s_ b_ct_r__ br__k d_wn f__d, g_s_s _nd ch_m_c_ls _r_ r_l__s_d thr__gh __r br__th. S_m_ _f th_s_ g_s_s c_n g_v_ _s b_d br__th. Th_ s_c_nd _r__ _s th_ sk_n. F__d c_n ch_ng_ th_ sm_ll _f b_ct_r__ _n __r sk_n wh_n w_ sw__t.

R_s__rch_rs s_y th_ f__ds th_t g_v_ _ff th_ str_ng_st sm_lls c_nt__n s_lph_r. Th_s ch_m_c_l _ft_n cr__t_s _ "b_d-_gg sm_ll". V_g_t_bl_s l_k_ br_cc_l_, c_bb_g_, _nd c__l_fl_w_r c_nt__n _ l_t _f s_lph_r. _n_th_r f__d th_t _ff_cts h_w sm_lly w_ _r_ _s g_rl_c. Th_s _s w_ll kn_wn f_r m_k_ng __r br__th sm_ll. H_w_v_r, r_s__rch_rs s_y _t c_n m_k_ __r _rmp_t sw__t sm_ll n_c_r. Sc__nt_sts _ls_ s_y dr_nks _ff_ct b_dy _d__rs. _lc_h_l c_n l__d t_ str_ng_r, _n_ttr_ct_v_ b_d_ly sm_lls _nd b_d br__th. C_ff__n_ _n c_ff__ _nd t__ cr__t_s ch_m_c_ls th_t pr_d_c_ sw__t _n _r__s l_k_ __r _rmp_ts _nd gr__n. _f w_ w_nt t_ sm_ll _ l_ttl_ sw__t_r, w_ sh__ld __t _r_ng_s, _ppl_s, p_rsl_y, _nd y_gh_rt, _nd dr_nk w_t_r _nd gr__n t__.

PUNCTUATE THE TEXT AND ADD CAPITALS

From https://breakingnewsenglish.com2511/251106-food-and-body-smell.html

what we eat and drink can affect how our body smells various studies at universities around the world have shown that what we put into our bodies changes our bodily smells researchers say that each of us has a unique pattern of bodily odours this is similar to the uniqueness of a fingerprint lina begdache an assistant professor of health and wellness at the state university of new york said the odours our body gives off come from two areas one is the stomach which is full of bacteria when these bacteria break down food gases and chemicals are released through our breath some of these gases can give us bad breath the second area is the skin food can change the smell of bacteria on our skin when we sweat

researchers say the foods that give off the strongest smells contain sulphur this chemical often creates a badegg smell vegetables like broccoli cabbage and cauliflower contain a lot of sulphur another food that affects how smelly we are is garlic this is well known for making our breath smell however researchers say it can make our armpit sweat smell nicer scientists also say drinks affect body odours alcohol can lead to stronger unattractive bodily smells and bad breath caffeine in coffee and tea creates chemicals that produce sweat in areas like our armpits and groin if we want to smell a little sweeter we should eat oranges apples parsley and yoghurt and drink water and green tea

PUT A SLASH (/) WHERE THE SPACES ARE

From https://breakingnewsenglish.com2511/251106-food-and-body-smell.html

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FREE WRITING

From https://breakingnewsenglish.com2511/251106-food-and-body-smell.html

Write about **body smells** for 10 minutes. Comment on your partner's paper.

ACADEMIC WRITING

From https://breakingnewsenglish.com2511/251106-food-and-body-smell.html

We are what we eat (and drink). Discuss.

HOMEWORK

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find out more about this news story. Share what you discover with your partner(s) in the next lesson.

3. BODY SMELLS: Make a poster about body smells. Show your work to your classmates in the next lesson. Did you all have similar things?

4. HYGIENE: Write a magazine article about all of us eating better and washing more to reduce unpleasant body odours. Include imaginary interviews with people who are for and against this.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

5. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

6. LETTER: Write a letter to an expert on body smells. Ask him/her three questions about them. Give him/her three of your ideas on how to smell nicer. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

1.	a	2.	c	3.	e	4.	f	5.	d	6.	b	7.	g
8.	j	9.	l	10.	n	11.	i	12.	h	13.	k	14.	m

TRUE / FALSE (p.5)

1 F 2 T 3 T 4 F 5 F 6 T 7 T 8 F

SYNONYM MATCH (p.5)

1. d	2. g	3. i	4. a	5. c
6. j	7. e	8. b	9. h	10. f

COMPREHENSION QUESTIONS (p.9)

1. What we eat and drink.
2. A pattern of bodily odours
3. A fingerprint
4. Bacteria
5. Bad breath
6. A bad-egg smell
7. Cabbage
8. Garlic
9. Caffeine in coffee and tea
10. Water and green tea

WORDS IN THE RIGHT ORDER (p.19)

1. We have a unique pattern of bodily odours.
2. This is similar to the uniqueness of fingerprints.
3. Gases and chemicals are released through our breath.
4. Some of these gases give us bad breath.
5. Change the smell of bacteria on our skin.
6. Another food that affects how smelly we are.
7. It's well known for making our breath smell.
8. Alcohol can lead to stronger, unattractive bodily smells.
9. Chemicals that produce sweat in areas like our armpits.
10. If we want to smell a little sweeter.

MULTIPLE CHOICE - QUIZ (p.10)

1. c 2. a 3. d 4. b 5. c 6. d 7. b 8. d 9. a 10. d

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)