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**Level 0 – 29th January 2026**

## Bamboo could be the world's next superfood

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

<https://breakingnewsenglish.com/2601/260129-bamboo-superfood-0.html>

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Please try Levels 1, 2 and 3. They are (a little) harder.

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# THE READING

From <https://breakingnewsenglish.com/2601/260129-bamboo-superfood-0.html>

Some scientists have said bamboo shoots are a superfood.

They are very good for our health. They are low in calories and high in fibre. They are also full of vitamins and minerals. This helps to control our blood pressure. However, raw bamboo shoots are poisonous. They must be cooked before eating.

Bamboo is eaten in Asia, but it is spreading worldwide.

Bamboo is the world's tallest grass. It can grow 90 cm in one day. Bamboo shoots are harvested as they come up from below the ground. This is when they are soft enough to eat.

We do not eat the hard, woody stalks. Pandas eat those.

Sources: <https://scitedaily.com/this-unexpected-plant-could-be-the-next-superfood/>  
<https://www.foxnews.com/food-drink/scientists-discover-superfood-potential-overlooked-vegetable-most-americans-cant-prepare>  
<https://www.sciencedirect.com/science/article/pii/S2773139125000898>

# PHRASE MATCHING

From <https://breakingnewsenglish.com/2601/260129-bamboo-superfood-0.html>

## PARAGRAPH ONE:

1. bamboo shoots are	a. and minerals
2. They are very good	b. in calories
3. They are low	c. for our health
4. high in	d. poisonous
5. They are also full of vitamins	e. fibre
6. This helps to control our blood	f. a superfood
7. raw bamboo shoots are	g. before eating
8. They must be cooked	h. pressure

## PARAGRAPH TWO:

1. Bamboo is eaten in	a. harvested
2. it is spreading	b. tallest grass
3. Bamboo is the world's	c. those
4. It can grow 90 cm	d. worldwide
5. bamboo shoots are	e. Asia
6. they come up from	f. to eat
7. they are soft enough	g. in one day
8. pandas eat	h. below the ground

## **LISTEN AND FILL IN THE GAPS**

From <https://breakingnewsenglish.com/2601/260129-bamboo-superfood-0.html>

Some (1) \_\_\_\_\_ bamboo shoots are a

superfood. They are (2) \_\_\_\_\_ our health.

They are (3) \_\_\_\_\_ and high in fibre. They

are (4) \_\_\_\_\_ vitamins and minerals. This

(5) \_\_\_\_\_ our blood pressure. However, raw

bamboo shoots are poisonous. They

(6) \_\_\_\_\_ before eating.

Bamboo (7) \_\_\_\_\_ Asia, but it is spreading

worldwide. Bamboo (8) \_\_\_\_\_ tallest grass.

It can grow 90 cm (9) \_\_\_\_\_. Bamboo

shoots are harvested as (10) \_\_\_\_\_ from

below the ground. This is when they are

(11) \_\_\_\_\_ eat. We do not eat the hard,

woody stalks. (12) \_\_\_\_\_.

## PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2601/260129-bamboo-superfood-0.html>

Somescientistshavesaidbambooshootsareasuperfood.Theyareevery

goodforourhealth.Theyarelowincaloriesandhighinfibre.Theyarealso

fullofvitaminsandminerals.Thishelpstocontrolourbloodpressure.Ho

wever,rawbambooshootsarepoisonous.Theymustbecookedbeforee

ating.BambooiseateninAsia, butitisspreadingworldwide.Bambooisth

eworld'sstallestgrass.Itcangrow90cminoneday.Bambooshootsareha

rvestedastheycomeupfrombelowtheground.Thisiswhentheyaresoft

enoughtoeat.Wedonoteatthehard,woodystalks.Pandaseatthose.

# BAMBOO

From <https://breakingnewsenglish.com/2601/260129-bamboo-superfood-0.html>

Write five GOOD questions about bamboo 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) \_\_\_\_\_

*Bamboo could be the world's next superfood – 29th January 2026*

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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/2601/260129-bamboo-superfood-0.html>

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