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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://scitechdaily.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>

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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) _____

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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.

[illegible]