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**Level 1 – 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-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/2601/260129-bamboo-superfood-1.html>

Many websites write about superfoods. These are good for our health. Websites are now talking about bamboo shoots. A review by scientists said these are good for our well-being. They are low in calories and high in fibre. This helps with our digestion and weight. They are also full of vitamins and minerals, which help to control sugar levels and blood pressure. However, raw bamboo shoots contain toxins, so they must be cooked before eating.

The lead author said: "Our review shows bamboo's clear promise as a possible superfood." Bamboo is eaten in parts of Asia, but it is spreading worldwide. Bamboo is the world's tallest grass. It can grow up to 90 cm a day. However, people may not know that bamboo shoots are harvested as they come up from below the ground. This is when they are still soft 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-1.html>

## PARAGRAPH ONE:

1. These are good	a. toxins
2. low	b. and minerals
3. high in	c. eating
4. full of vitamins	d. levels
5. help to control sugar	e. fibre
6. blood	f. for our health
7. raw bamboo shoots contain	g. pressure
8. they must be cooked before	h. in calories

## PARAGRAPH TWO:

1. the lead	a. the ground
2. it is spreading	b. to 90 cm a day
3. It can grow up	c. author
4. bamboo shoots are	d. worldwide
5. come up from below	e. stalks
6. they are still soft	f. harvested
7. the hard, woody	g. eat those
8. pandas	h. to eat

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

From <https://breakingnewsenglish.com/2601/260129-bamboo-superfood-1.html>

Many websites write about superfoods. These are good for our health. Websites (1) \_\_\_\_\_ about bamboo shoots. A review by scientists said these are good (2) \_\_\_\_\_. They are low in calories and high in fibre. This (3) \_\_\_\_\_ digestion and weight. They are also full of vitamins and minerals, which (4) \_\_\_\_\_ sugar levels and blood pressure. However, raw bamboo (5) \_\_\_\_\_, so they must (6) \_\_\_\_\_ eating.

The (7) \_\_\_\_\_: "Our review shows bamboo's clear (8) \_\_\_\_\_ possible superfood." Bamboo is eaten in parts of Asia, but it (9) \_\_\_\_\_. Bamboo is the world's tallest grass. It can (10) \_\_\_\_\_ 90 cm a day. However, people may not know that bamboo shoots are harvested as they come up from (11) \_\_\_\_\_. This is when they are still soft to eat. We do not (12) \_\_\_\_\_, woody stalks. Pandas eat those.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2601/260129-bamboo-superfood-1.html>

Many websites write about superfoods. These are good for our health. Websites are now talking about bamboo shoots. A review by scientist said they are good for our well-being. They are low in calories and high in fibre. This helps with our digestion and weight. They are also full of vitamins and minerals, which help to control sugar levels and blood pressure. However, raw bamboo shoots contain toxins, so they must be cooked before eating. The lead author said: "Our review shows bamboo's clear promise as a possible superfood." Bamboo is eaten in parts of Asia, but it is spreading worldwide. Bamboo is the world's tallest grass. It can grow up to 90 cm a day. However, people may not know that bamboo shoots are harvested as they come up from below the ground. This is when they are still soft to eat. We do not eat the hard, woody stalks. Pandas eat those.

# BAMBOO SURVEY

From <https://breakingnewsenglish.com/2601/260129-bamboo-superfood-4.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-1.html>

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