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Level 2 – 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-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/2601/260129-bamboo-superfood-2.html>

Many websites have information about superfoods. These are good for our health. The latest superfood being discussed is bamboo shoots. Scientists tried to find out how good they are for us. They said the shoots can be beneficial to our well-being. They are low in calories and high in fibre. This helps with digestion and weight control. They are also full of vitamins and minerals. Bamboo contains magnesium and potassium, which help to control sugar levels and blood pressure. However, raw bamboo shoots contain toxins and must be cooked before eating.

The scientists are from a university in the UK. The lead author said: "Our review shows bamboo's clear promise as a possible superfood." Bamboo is eaten in parts of Asia. It is spreading to many dinner tables worldwide. Most of us know what bamboo looks like. It is the world's tallest grass. It can grow up to 90 cm a day. There are around 1,400 species of bamboo. However, people may not know that bamboo shoots are harvested as they emerge from the ground. This is when they are still soft to eat. We do not eat the hard, woody stalks. These are popular with pandas.

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-2.html>

PARAGRAPH ONE:

- | | |
|---------------------------------|----------------------|
| 1. These are good for | a. before eating |
| 2. find out how good they | b. to our well-being |
| 3. the shoots can be beneficial | c. control |
| 4. They are low in calories | d. toxins |
| 5. weight | e. our health |
| 6. blood | f. are for us |
| 7. raw bamboo shoots contain | g. pressure |
| 8. must be cooked | h. and high in fibre |

PARAGRAPH TWO:

- | | |
|-----------------------------|----------------------|
| 1. lead | a. harvested |
| 2. spreading to many dinner | b. eat |
| 3. It is the world's | c. tables worldwide |
| 4. around 1,400 | d. with pandas |
| 5. bamboo shoots are | e. tallest grass |
| 6. as they emerge from | f. species of bamboo |
| 7. they are still soft to | g. the ground |
| 8. These are popular | h. author |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2601/260129-bamboo-superfood-2.html>

Many websites have information about superfoods. These are good
(1) _____. The latest superfood being
discussed is bamboo shoots. Scientists tried to find out how good
they are for us. They said the shoots
(2) _____ to our well-being. They are low in
calories and high in fibre. This (3) _____ and
weight control. They are also full of
(4) _____. Bamboo contains magnesium and
potassium, which (5) _____ sugar levels and
blood pressure. However, raw bamboo shoots contain
(6) _____ be cooked before eating.

The scientists are from a university in the UK.
(7) _____ said: "Our review shows bamboo's
clear promise as a possible superfood." Bamboo
(8) _____ parts of Asia. It is spreading to
many (9) _____. Most of us know what
bamboo looks like. It is the world's tallest grass. It can grow up to
90 cm a day. There are around 1,400 species of bamboo. However,
people may not know that bamboo shoots
(10) _____ they emerge from the ground. This
is when they are (11) _____ eat. We do not
eat the (12) _____. These are popular with
pandas.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2601/260129-bamboo-superfood-2.html>

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BAMBOO SURVEY

From <https://breakingnewsenglish.com/2601/260129-bamboo-superfood-2.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-2.html>

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

[illegible]