

Bamboo could be the world's next superfood

29th January 2026



Health websites are full of information about superfoods. These are packed with nutrients and are particularly good for our health. The latest superfood being discussed is bamboo shoots. Scientists have looked at many studies to find out just how good they

are for us. Researchers say the shoots can be beneficial to our well-being. They are low in calories and high in fibre, which helps with digestion and weight control. They are also a good source of vitamins and minerals. Bamboo contains iron, magnesium, and potassium, which are important for sugar levels, blood pressure, and muscle function. However, raw bamboo shoots contain toxins and must be cooked before eating.

The scientists are from Anglia Ruskin University in the UK. Lead author Professor Lee Smith said: "Our review shows bamboo's clear promise as a possible superfood." He added: "Bamboo is already commonly eaten in parts of Asia, and it has huge potential to be a healthy, sustainable addition to diets worldwide, but it must be prepared correctly." Most of us know what bamboo looks like. It is the world's tallest grass and can grow up to 90 cm a day. There are around 1,400 species of bamboo worldwide. However, people may not know that bamboo shoots are harvested as they emerge from the ground, while they are still soft. We do not eat the hard, woody stalks. These are popular with pandas.

Sources: [scitechdaily.com](https://www.scitechdaily.com) / [foxnews.com](https://www.foxnews.com) / [sciencedirect.com](https://www.sciencedirect.com)

Writing

We should all eat superfood and stop eating junk food. Discuss.

Chat

Talk about these words from the article.

health websites / information / bamboo shoots / fibre / digestion / calories / vitamins / scientists / superfood / sustainable / Asia / grass / species / harvests / pandas

True / False

- 1) The article says health websites are full of information about bamboo. T / F
- 2) Bamboo shoots are high in calories and low in fibre. T / F
- 3) Bamboo shoots are bad for people with high blood pressure. T / F
- 4) Bamboo shoots must be cooked because they contain a poison. T / F
- 5) A scientist said bamboo shoots could become popular worldwide. T / F
- 6) Bamboo can grow as much as 90 cm in one day. T / F
- 7) There are 1,400 species of bamboo. T / F
- 8) Bamboo is very popular with pandas. T / F

Synonym Match

(The words in **bold** are from the news article.)

- | | |
|----------------------|----------------|
| 1. full | a. come out |
| 2. latest | b. poisons |
| 3. beneficial | c. writer |
| 4. important | d. supplement |
| 5. toxins | e. packed |
| 6. author | f. essential |
| 7. huge | g. right |
| 8. addition | h. most recent |
| 9. correctly | i. very big |
| 10. emerge | j. good |

Discussion – Student A

- a) What do you think about what you read?
- b) Should we all eat more superfood and less junk food every day?
- c) In what dishes can we eat bamboo shoots?
- d) What do you know about grass?
- e) How good is Asian food?
- f) Do you think pandas are happy eating only bamboo?
- g) What do think about pandas?
- h) What questions would you like to ask researchers?

Phrase Match

1. Health websites are full of information
 2. These are packed
 3. the shoots can be beneficial
 4. blood
 5. raw bamboo shoots contain toxins
 6. it must be prepared
 7. grow up to
 8. There are around 1,400 species
 9. bamboo shoots are harvested as they
 10. These are popular
- a. to our well-being
 - b. and must be cooked
 - c. of bamboo worldwide
 - d. with pandas
 - e. pressure
 - f. about superfoods
 - g. emerge from the ground
 - h. 90 cm a day
 - i. with nutrients
 - j. correctly

Discussion – Student B

- a) What do you think of health websites?
- b) What do you know about superfoods?
- c) How healthy is the food you eat?
- d) What do you know about bamboo?
- e) What do you think of bamboo shoots as a food?
- f) What food is best for us?
- g) What food is good and bad for our blood pressure?
- h) What other uses does bamboo have?

Spelling

1. These are packed with uitsentn
2. the shoots can be ienelfabc
3. They are low in elsraoic
4. a good source of vitamins and armesnli
5. blood erussrep
6. raw bamboo shoots contain xitson
7. Our ivwere shows bamboo's clear promise
8. it has huge loptenait
9. it must be prepared crorcelyt
10. 1,400 eipscse of bamboo worldwide
11. harvested as they gmeeer from the ground
12. These are raouppi with pandas

Answers – Synonym Match

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

Comprehension Questions

Listen to / read the news article. Answer these questions.
(Answers are on p. 27 of the 27-page PDF.)

1.	Where can we find lots of information about superfoods?
2.	What are bamboo shoots low in?
3.	What two things are bamboo shoots a good source of?
4.	What do bamboo shoots contain besides magnesium and potassium?
5.	What things in bamboo shoots are dangerous?
6.	Where are bamboo shoots commonly eaten?
7.	By how much can bamboo grow each day?
8.	How many species of bamboo are there?
9.	What does the article say we do not eat?
10.	Who are bamboo shoots popular with?

Speaking – Bamboo Uses

Rank these with your partner. Put the best uses of bamboo at the top. Change partners often and share your rankings.

- Clothes
- Kendo swords
- Toothbrushes
- Scaffolding
- Paper
- Fences
- Flutes
- Chairs

Answers – True False

1	F	2	F	3	F	4	T	5	T	6	T	7	T	8	T
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Answers to Phrase Match and Spelling are in the text.