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**Level 3 – 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.html>

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**Please try Levels 0, 1 and 2 (they are easier).**

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# THE ARTICLE

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

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: <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>

# WARM-UPS

**1. BAMBOO:** Students walk around the class and talk to other students about bamboo. Change partners often and share your findings.

**2. CHAT:** In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

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

Have a chat about the topics you liked. Change topics and partners frequently.

**3. DIET:** Students A **strongly** believe we should pack our diets with superfoods; Students B **strongly** believe we don't have to do this. Change partners again and talk about your conversations.

**4. SUPERFOODS:** What do you know about these superfoods? What do you think of them? Complete this table with your partner(s). Change partners often and share what you wrote.

	<b>What I Know</b>	<b>What I Think</b>
Bamboo shoots		
Avocado		
Natto (fermented soy beans)		
Blueberries		
Salmon		
Spinach		

**5. VITAMINS:** Spend one minute writing down all of the different words you associate with the word "vitamins". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

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

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

# VOCABULARY MATCHING

## Paragraph 1

1. packed	a. Good for you; helpful.
2. nutrients	b. More than usual; especially.
3. particularly	c. Things in food that help the body grow and stay healthy.
4. shoots (noun)	d. Bad or harmful things (poisons) that can hurt the body or kill us.
5. beneficial	e. Full of many things; very full.
6. digestion	f. New small parts of a plant that come out of the ground or stem.
7. toxins	g. The way the body breaks food into energy.

## Paragraph 2

8. commonly	h. Something that can or might happen in the future.
9. potential	i. When food is picked or taken from plants or fields.
10. sustainable	j. The long, thin part of a plant that holds the leaves or flowers.
11. species	k. Able to continue (or be used) without harming nature.
12. harvested	l. To come out or appear.
13. emerge	m. A group of the same kind of plant or animal.
14. stalk (noun)	n. Often; by many people.

# BEFORE READING / LISTENING

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

## 1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

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**

## 2. SYNONYM MATCH: (The words in **bold** are from the news article.)

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

## 3. PHRASE MATCH: (Sometimes more than one choice is possible.)

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

# GAP FILL

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

Health websites are full of (1) \_\_\_\_\_ about superfoods. These are packed with nutrients and are particularly good for our health. The latest superfood being (2) \_\_\_\_\_ 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 (3) \_\_\_\_\_ to our well-being. They are low in (4) \_\_\_\_\_ and high in fibre, which helps with digestion and weight (5) \_\_\_\_\_. They are also a good source of vitamins and minerals. Bamboo (6) \_\_\_\_\_ iron, magnesium, and potassium, which are important for sugar levels, blood (7) \_\_\_\_\_, and muscle function. However, (8) \_\_\_\_\_ bamboo shoots contain toxins and must be cooked before eating.

beneficial  
control

information

raw

calories

pressure

discussed

contains

The scientists are from Anglia Ruskin University in the UK. Lead (9) \_\_\_\_\_ Professor Lee Smith said: "Our review shows bamboo's clear promise as a (10) \_\_\_\_\_ superfood." He added: "Bamboo is already (11) \_\_\_\_\_ eaten in parts of Asia, and it has huge potential to be a healthy, sustainable addition to (12) \_\_\_\_\_. worldwide, but it must be prepared correctly." Most of us know what bamboo looks like. It is the world's (13) \_\_\_\_\_ grass and can grow up to 90 cm a day. There are around 1,400 (14) \_\_\_\_\_ of bamboo worldwide. However, people may not know that bamboo shoots are harvested as they emerge from the (15) \_\_\_\_\_, while they are still soft. We do not eat the hard, woody stalks. These are popular with (16) \_\_\_\_\_.

species

pandas

commonly

author

ground

tallest

possible

diets

## **LISTENING – Guess the answers. Listen to check.**

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

- 1) These are packed with nutrients and are particularly good \_\_\_\_\_
  - a. for our healthy
  - b. for hour health
  - c. for our health
  - d. four our health
- 2) many studies to find out just how good they \_\_\_\_\_
  - a. are for us
  - b. after us
  - c. are forums
  - d. are four as
- 3) They are low in calories and high in fibre, which helps with digestion \_\_\_\_\_
  - a. and weighty control
  - b. and weights control
  - c. and weighted control
  - d. and weight control
- 4) Bamboo contains iron, magnesium, and potassium, which are important \_\_\_\_\_
  - a. for sugared levels
  - b. for sugary levels
  - c. for sugar levels
  - d. for sugars levels
- 5) raw bamboo shoots contain toxins and must be \_\_\_\_\_
  - a. cooked before eat in
  - b. cooked afore eating
  - c. cooks before eating
  - d. cooked before eating
- 6) Our review shows bamboo's clear promise as \_\_\_\_\_
  - a. a impossible superfood
  - b. a posable superfood
  - c. a possible superfood
  - d. a possibly superfood
- 7) it has huge potential to be a healthy, sustainable \_\_\_\_\_
  - a. addition too diets
  - b. addition to diets
  - c. addition two diets
  - d. additions to diets
- 8) It is the world's tallest grass and can grow up to \_\_\_\_\_
  - a. 90 cm an day
  - b. 90 cm a day
  - c. 90 cm at day
  - d. 90 cm the day
- 9) people may not know that bamboo shoots are harvested as they emerge \_\_\_\_\_
  - a. from the gourd
  - b. from the ground
  - c. from the grand
  - d. from the grind
- 10) We do not eat the \_\_\_\_\_
  - a. hard, woody stalks
  - b. hard, woody staked
  - c. hard, woody stalkers
  - d. hard, woody talks

# **LISTENING – Listen and fill in the gaps**

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

Health websites are (1) \_\_\_\_\_ about superfoods.

These are packed with nutrients and are (2) \_\_\_\_\_ 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 (3) \_\_\_\_\_ our well-being. They are low in calories and high in fibre, which helps with digestion (4) \_\_\_\_\_. They are also a good source of vitamins and minerals. Bamboo contains iron, magnesium, and potassium, which are important (5) \_\_\_\_\_, blood pressure, and muscle function. However, raw bamboo shoots contain toxins and must be (6) \_\_\_\_\_.

The scientists are from Anglia Ruskin University in the UK. Lead author Professor Lee Smith said: "Our review shows bamboo's (7) \_\_\_\_\_ a possible superfood." He added: "Bamboo is already (8) \_\_\_\_\_ parts of Asia, and it has huge potential to be a healthy, sustainable addition to diets worldwide, but it must (9) \_\_\_\_\_. Most of us know what bamboo looks like. It is the world's tallest grass and can (10) \_\_\_\_\_ 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 (11) \_\_\_\_\_ ground, while they are still soft. We do not (12) \_\_\_\_\_, woody stalks. These are popular with pandas.

# COMPREHENSION QUESTIONS

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

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?

# MULTIPLE CHOICE - QUIZ

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

- 1) Where can we find lots of information about superfoods?
  - a) in supermarkets
  - b) in magazines
  - c) at health centres
  - d) on health websites
- 2) What are bamboo shoots low in?
  - a) protein
  - b) calories
  - c) carbs
  - d) vitamins
- 3) What two things are bamboo shoots a good source of?
  - a) vitamin B12 and zinc
  - b) magnesium and calcium
  - c) vitamins and minerals
  - d) salt and pepper
- 4) What do bamboo shoots contain besides magnesium and potassium?
  - a) iron
  - b) lead
  - c) gold
  - d) copper
- 5) What things in bamboo shoots are dangerous?
  - a) bugs
  - b) thorns
  - c) toxins
  - d) bacteria
- 6) Where are bamboo shoots commonly eaten?
  - a) in cafes
  - b) Asia
  - c) street stalls
  - d) Mongolia
- 7) By how much can bamboo grow each day?
  - a) up to 60 cm
  - b) up to 70 cm
  - c) up to 80 cm
  - d) up to 90 cm
- 8) How many species of bamboo are there?
  - a) around 1,400
  - b) exactly 1,400
  - c) just over 1,400
  - d) just under 1,400
- 9) What does the article say we do not eat?
  - a) bamboo leaves
  - b) the roots of bamboo
  - c) the hard, woody stalks of bamboo
  - d) bamboo flowers
- 10) Who are bamboo shoots popular with?
  - a) birds
  - b) pandas
  - c) spiders
  - d) children

# ROLE PLAY

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

## **Role A – Clothes**

You think the best use of bamboo is for clothes. Tell the others three reasons why. Tell them what is wrong with their uses. Also, tell the others which is the least useful of these (and why): scaffolding, flutes or food.

## **Role B – Scaffolding**

You think the best use of bamboo is for scaffolding. Tell the others three reasons why. Tell them what is wrong with their uses. Also, tell the others which is the least useful of these (and why): clothes, flutes or food.

## **Role C – Flutes**

You think the best use of bamboo is for flutes. Tell the others three reasons why. Tell them what is wrong with their uses. Also, tell the others which is the least useful of these (and why): scaffolding, clothes or food.

## **Role D – Food**

You think the best use of bamboo is for food. Tell the others three reasons why. Tell them what is wrong with their uses. Also, tell the others which is the least useful of these (and why): scaffolding, flutes or clothes.

# AFTER READING / LISTENING

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

**1. WORD SEARCH:** Look online / in your dictionary to find collocates, information on, synonyms for... the words 'bamboo' and 'superfood'.

bamboo	superfood

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

**2. ARTICLE QUESTIONS:** Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

**3. GAP FILL:** In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

**4. VOCABULARY:** Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

**5. TEST EACH OTHER:** Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none"><li>• full</li><li>• latest</li><li>• just</li><li>• low</li><li>• source</li><li>• raw</li></ul>	<ul style="list-style-type: none"><li>• review</li><li>• commonly</li><li>• most</li><li>• species</li><li>• soft</li><li>• pandas</li></ul>
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# BAMBOO SURVEY

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

# BAMBOO DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'bamboo'?
3. What do you think of health websites?
4. What do you know about superfoods?
5. How healthy is the food you eat?
6. What do you know about bamboo?
7. What do you think of bamboo shoots as a food?
8. What food is best for us?
9. What food is good and bad for our blood pressure?
10. What other uses does bamboo have?

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

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'superfood'?
13. What do you think about what you read?
14. Should we all eat more superfood and less junk food every day?
15. In what dishes can we eat bamboo shoots?
16. What do you know about grass?
17. How good is Asian food?
18. Do you think pandas are happy eating only bamboo?
19. What do think about pandas?
20. What questions would you like to ask researchers?

## **DISCUSSION (Write your own questions)**

STUDENT A's QUESTIONS (Do not show these to student B)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

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## **DISCUSSION (Write your own questions)**

STUDENT B's QUESTIONS (Do not show these to student A)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

# LANGUAGE - CLOZE

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

Health websites are (1) \_\_\_\_ of information about superfoods. These are packed with (2) \_\_\_\_ and are particularly good for our health. The latest superfood being discussed is bamboo shoots. Scientists have looked at many studies to find out (3) \_\_\_\_ 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 (4) \_\_\_\_ digestion and weight control. They are also a good (5) \_\_\_\_ of vitamins and minerals. Bamboo contains iron, magnesium, and potassium, which are important for sugar levels, blood pressure, and muscle function. However, (6) \_\_\_\_ 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 (7) \_\_\_\_ as a possible superfood." He added: "Bamboo is already commonly eaten in parts of Asia, and it has huge potential (8) \_\_\_\_ be a healthy, sustainable addition to diets worldwide, but it must be prepared correctly." Most of (9) \_\_\_\_ know what bamboo looks like. It is the world's tallest grass and can grow (10) \_\_\_\_ 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 (11) \_\_\_\_ from the ground, while they are still soft. We do not eat the hard, woody stalks. (12) \_\_\_\_ are popular with pandas.

**Put the correct words from the table below in the above article.**

1.	(a) fully	(b) fill	(c) full	(d) fillings
2.	(a) nutrients	(b) nutritious	(c) nutrient	(d) nutritional
3.	(a) so	(b) just	(c) such	(d) very
4.	(a) at	(b) to	(c) at	(d) with
5.	(a) soars	(b) sauce	(c) source	(d) saws
6.	(a) draw	(b) raw	(c) crawl	(d) straw
7.	(a) promise	(b) vow	(c) word	(d) hint
8.	(a) by	(b) at	(c) for	(d) to
9.	(a) people	(b) them	(c) us	(d) pandas
10.	(a) for	(b) with	(c) as	(d) up
11.	(a) merger	(b) emerge	(c) merge	(d) submerge
12.	(a) These	(b) Them	(c) That's	(d) Shoot

# **SPELLING**

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

## **Paragraph 1**

1. These are packed with uitrsentn
2. the shoots can be iienelfabc
3. They are low in elsraoic
4. a good source of vitamins and armesnli
5. blood erussrep
6. raw bamboo shoots contain xitson

## **Paragraph 2**

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 gmееer from the ground
12. These are raoupl with pandas

# PUT THE TEXT BACK TOGETHER

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

**Number these lines in the correct order.**

- ( ) 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
- ( ) diets worldwide, but it must be prepared correctly." Most of us know what bamboo looks like. It is the world's tallest
- ( ) good for our health. The latest superfood being discussed is bamboo shoots. Scientists have looked
- ( ) grass and can grow up to 90 cm a day. There are around 1,400 species of bamboo worldwide. However, people may not
- ( 1 ) Health websites are full of information about superfoods. These are packed with nutrients and are particularly
- ( ) in parts of Asia, and it has huge potential to be a healthy, sustainable addition to
- ( ) know that bamboo shoots are harvested as they emerge from the ground, while they are still
- ( ) potassium, which are important for sugar levels, blood pressure, and muscle function. However,
- ( ) raw bamboo shoots contain toxins and must be cooked before eating.
- ( ) shows bamboo's clear promise as a possible superfood." He added: "Bamboo is already commonly eaten
- ( ) soft. We do not eat the hard, woody stalks. These are popular with pandas.
- ( ) The scientists are from Anglia Ruskin University in the UK. Lead author Professor Lee Smith said: "Our review

# PUT THE WORDS IN THE RIGHT ORDER

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

1. about are full Health information of superfoods websites .
2. bamboo being discussed is latest shoots superfood The .
3. bamboo being discussed is latest shoots superfood The .
4. are Find for good how out they us .
5. and bamboo be contains cooked must Raw toxins .
6. a as bamboo's clear It promise shows superfood .
7. already are Asia Bamboo commonly eaten in shoots .
8. A addition and diets healthy sustainable to worldwide .
9. 90 cm a Bamboo can day grow to up .
10. are as Bamboo emerge harvested shoots they .

## CIRCLE THE CORRECT WORD (20 PAIRS)

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

Health websites are *fully* / *full* of information about superfoods. These are packed with *nutrients* / *nutritious* and are particularly good for our health. The latest superfood *being* / *been* discussed is bamboo shoots. Scientists have looked at many studies to *find* / *found* out just how good they are for *them* / *us*. Researchers say the shoots can be beneficial *at* / *to* our well-being. They are low *of* / *in* calories and high in fibre, which helps with digestion and *weight* / *heavy* control. They are also a good source of vitamins and minerals. Bamboo contains iron, magnesium, and potassium, which are important for *sugary* / *sugar* levels, blood pressure, and muscle function. However, raw bamboo shoots contain toxins and must be cooked before *eat* / *eating*.

The scientists are from Anglia Ruskin University *in* / *at* the UK. Lead author Professor Lee Smith said: "Our review *showing* / *shows* bamboo's clear promise *was* / *as* a possible superfood." He added: "Bamboo is already *commonly* / *common* eaten in parts of Asia, and it has *hug* / *huge* potential to be a healthy, sustainable addition to diets worldwide, but it must be prepared *correct* / *correctly*." Most of us know what bamboo looks like. It is the world's tallest grass and can grow *as* / *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* / *harvest* as they emerge from the ground, while they are still *hard* / *soft*. We do not eat the hard, woody stalks. These are popular with *panda* / *pandas*.

**Talk about the connection between each pair of words in italics, and why the correct word is correct. Look up the definition of new words.**

# INSERT THE VOWELS (a, e, i, o, u)

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

H\_\_lth w\_bs\_t\_s \_r\_ f\_ll \_f \_nf\_rm\_t\_\_n \_b\_\_t  
s\_p\_rf\_\_ds. Th\_s\_ \_r\_ p\_ck\_d w\_th n\_tr\_\_nts \_nd \_r\_  
p\_rt\_c\_l\_rly g\_\_d f\_r \_\_r h\_\_lth. Th\_ l\_t\_st s\_p\_rf\_\_d  
b\_\_ng d\_sc\_ss\_d \_s b\_mb\_\_ sh\_\_ts. Sc\_\_nt\_sts h\_v\_  
l\_\_k\_d \_t m\_ny st\_d\_\_s t\_ f\_nd \_\_t j\_st h\_w g\_\_d  
th\_y \_r\_ f\_r \_s. R\_s\_\_rch\_rs s\_y th\_ sh\_\_ts c\_n b\_  
b\_n\_f\_c\_\_l t\_ \_\_r w\_ll-b\_\_ng. Th\_y \_r\_ l\_w \_n  
c\_l\_r\_\_s \_nd h\_gh \_n f\_br\_, wh\_ch h\_lps w\_th  
d\_g\_st\_\_n \_nd w\_\_ght c\_ntr\_l. Th\_y \_r\_ \_ls\_ \_ g\_\_d  
s\_\_rc\_ \_f v\_t\_m\_ns \_nd m\_n\_r\_ls. B\_mb\_\_ c\_nt\_\_ns  
\_r\_n, m\_gn\_s\_\_m, \_nd p\_t\_ss\_\_m, wh\_ch \_r\_ \_mp\_rt\_nt  
f\_r s\_g\_r l\_v\_ls, bl\_\_d pr\_ss\_r\_, \_nd m\_scl\_ f\_nct\_\_n.  
H\_w\_v\_r, r\_w b\_mb\_\_ sh\_\_ts c\_nt\_\_n t\_x\_ns \_nd m\_st  
b\_ c\_\_k\_d b\_f\_r\_ \_\_t\_ng.

Th\_ sc\_\_nt\_sts \_r\_ fr\_m \_ngl\_\_ R\_sk\_n \_n\_v\_rs\_ty \_n  
th\_ \_K. L\_\_d \_\_th\_r Pr\_f\_ss\_r L\_\_ Sm\_th s\_\_d: "\_\_r  
r\_v\_\_w sh\_ws b\_mb\_\_'s cl\_\_r pr\_m\_s\_ \_s \_ p\_ss\_b\_\_  
s\_p\_rf\_\_d." H\_ \_dd\_d: "B\_mb\_\_ \_s \_lr\_\_dy c\_mm\_nly  
\_\_t\_n \_n p\_rts \_f \_s\_\_, \_nd \_t h\_s h\_g\_ p\_t\_nt\_\_l t\_  
b\_ \_ h\_\_lthy, s\_st\_\_n\_b\_\_l\_ \_dd\_t\_\_n t\_ d\_\_ts  
w\_rldw\_d\_, b\_t \_t m\_st b\_ pr\_p\_r\_d c\_rr\_ctly." M\_st \_f  
s kn\_w wh\_t b\_mb\_\_ l\_\_ks l\_k\_. \_t \_s th\_ w\_rld's  
t\_ll\_st gr\_ss \_nd c\_n gr\_w \_p t\_ 90 cm \_ d\_y. Th\_r\_  
\_r\_ \_r\_\_nd 1,400 sp\_c\_\_s \_f b\_mb\_\_ w\_rldw\_d\_.  
H\_w\_v\_r, p\_\_pl\_ m\_y n\_t kn\_w th\_t b\_mb\_\_ sh\_\_ts \_r\_  
h\_rv\_st\_d \_s th\_y \_m\_rg\_ fr\_m th\_ gr\_\_nd, wh\_l\_ th\_y  
\_r\_ st\_ll s\_ft. W\_ d\_ n\_t \_\_t th\_ h\_rd, w\_\_dy st\_lks.  
Th\_s\_ \_r\_ p\_p\_l\_r w\_th p\_nd\_s.

## PUNCTUATE THE TEXT AND ADD CAPITALS

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

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 wellbeing 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 bamboos 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 worlds tallest grass and can grow up to 90 cm a day there are around 1400 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

# PUT A SLASH ( / ) WHERE THE SPACES ARE

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

Health websites are full of information about superfoods. These are packed with nutrients and are particularly good for our health. The latest super food 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.

# FREE WRITING

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

Write about **bamboo** for 10 minutes. Comment on your partner's paper.

## ACADEMIC WRITING

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

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

# HOMEWORK

**1. VOCABULARY EXTENSION:** Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

**2. INTERNET:** Search the Internet and find out more about this news story. Share what you discover with your partner(s) in the next lesson.

**3. BAMBOO:** Make a poster about bamboo. Show your work to your classmates in the next lesson. Did you all have similar things?

**4. SUPERFOODS:** Write a magazine article about all of us adding superfoods to our daily diet. Include imaginary interviews with people who are for and against this.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

**5. WHAT HAPPENED NEXT?** Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

**6. LETTER:** Write a letter to an expert on bamboo. Ask him/her three questions about it. Give him/her three of your opinions on bamboo. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

# ANSWERS

## VOCABULARY (p.4)

1.	e	2.	c	3.	b	4.	f	5.	a	6.	g	7.	d
8.	n	9.	h	10.	k	11.	m	12.	i	13.	l	14.	j

## TRUE / FALSE (p.5)

1	F	2	F	3	F	4	T	5	T	6	T	7	T	8	T
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## SYNONYM MATCH (p.5)

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

## COMPREHENSION QUESTIONS (p.9)

1. On health websites
2. Calories
3. Vitamins and minerals
4. Iron
5. Toxins
6. Asia
7. Up to 90 cm
8. Around 1,400
9. The hard, woody stalks of bamboo
10. Pandas

## WORDS IN THE RIGHT ORDER (p.19)

1. Health websites are full of information about superfoods.
2. These are packed with nutrients and are healthy.
3. The latest superfood being discussed is bamboo shoots.
4. Find out how good they are for us.
5. Raw bamboo contains toxins and must be cooked.
6. It shows bamboo's clear promise as a superfood.
7. Bamboo shoots are already commonly eaten in Asia.
8. A healthy and sustainable addition to diets worldwide.
9. Bamboo can grow up to 90 cm a day.
10. Bamboo shoots are harvested as they emerge.

## MULTIPLE CHOICE - QUIZ (p.10)

1.	d	2.	b	3.	c	4.	a	5.	c	6.	b	7.	d	8.	a	9.	c	10.	b
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## ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.  
(It's good for your English ;-)