

Yoghurt - bad news for bad breath (Tue 22 Mar, 2005)

WARM-UPS

CHAT: Talk in pairs or groups about bad breath / yoghurt / tooth decay / gum disease / teeth / mints / breath fresheners / ...Change topic / partner frequently to increase conversation.

YOGHURT BRAINSTORM: Spend one minute writing down all of the different words you associate with the word 'yoghurt'. Share your words with your partner / group and talk about them.

ORAL HYGIENE: In pairs/groups, talk about oral hygiene. How often do you clean your teeth? How often do you go to the dentist? Do you have many cavities / fillings? Do you have bad breath? Do you use dental floss? Write down five questions about oral hygiene – one question under each of these headings:

- toothpaste
- mouthwash
- tooth decay / cavities
- bad breath
- cigarettes
- (other headings?)

Ask your questions to your partner/group. If your group has two questions the same, you must think of another question under the same heading.

BAD BODY SMELLS: Talk about these with your partner. Rank them in order of offensiveness:

- halitosis (bad breath)
- cheesy feet
- farts
- body odor (B.O.)
- alcohol breath
- perfume
- burping
- hair gel, wax and similar products
- cigarette breath

PRE-READING IDEAS

WORD SEARCH: Look in your dictionaries / computer to find collocates, other meanings, information, synonyms ... of the words 'bad' and 'breath'.

TRUE FALSE: Guess whether the following statements about the article are true or false:

- a. Yoghurt is a cause of bad breath. T / F
- b. Strawberry yoghurt reduces the levels of the chemical that causes bad breath. T / F
- c. Eating natural yoghurt regularly helps fight tooth decay and gum disease. T / F
- d. One in four people suffer from halitosis (the medical name for bad breath). T / F
- e. Volunteers in a bad breath test promised to talk about their results. T / F
- f. Test volunteers couldn't eat yoghurt, cheese or pickled vegetables for two weeks. T / F
- g. Test volunteers ate 900g of yoghurt twice a day. T / F
- h. Results suggest a switch from mints to yoghurt means we don't lose friends. T / F

SYNONYM MATCH: Match the following synonyms from the article:

- | | |
|--------------|------------------|
| (a) solution | combination |
| (b) reduced | testing |
| (c) foul | lowered |
| (d) compound | research |
| (e) fight | findings |
| (f) study | answer |
| (g) results | disgusting |
| (h) oral | steered clear of |
| (i) avoided | mouth |
| (j) analysis | battle |

PHRASE MATCH: Match the following phrases from the article:

- | | |
|-------------------------|-----------------------------------|
| (a) simple | four people suffer from halitosis |
| (b) which is good | we should switch |
| (c) foul, bad | hygiene |
| (d) helps fight tooth | bacteria |
| (e) One in | solution |
| (f) their results were | egg-smelling chemical compound |
| (g) oral | promising |
| (h) halitosis-fighting | twice a day |
| (i) 90g of yoghurt | news for their friends |
| (j) The results suggest | decay |

GAP FILL

Yoghurt - bad news for bad breath

BNE: Japanese scientists have _____ a simple solution to help people who have bad breath, which is good news for their friends who have to smell it. Researchers from Japan's Tsurumi University found that sugarless yoghurt _____ the levels of hydrogen sulfide in the mouths of 80% of the people they tested. Hydrogen sulfide is the _____, bad egg-smelling chemical compound that causes bad breath. They also concluded that eating natural yoghurt regularly helps _____ tooth decay and gum disease. One in four people suffer from halitosis (the medical name for bad breath), and most of us experience gum disease at some _____ in our lives.

fight stage reduced discovered foul

The _____ was small, with only 24 volunteers, but the results were _____ for people with oral _____ problems. For two weeks, the participants avoided yoghurt and other products containing the halitosis-fighting bacteria *streptococci* and *lactobacilli*, such as cheese and pickled vegetables. Then for six weeks, the volunteers ate 90g of yoghurt twice a day. Bacteria samples were _____ from the saliva and the tongues of the participants for analysis after each test period. The results _____ we should switch from mints and breath fresheners to sugarless yoghurt.

study suggest collected promising hygiene

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 information on halitosis. Share your findings with your class next lesson.
- 3. YOGHURT:** Write a short essay on the health benefits of yoghurt.
- 4. DENTAL HYGIENE:** Write a short guide for children on the do's and don't's of looking after one's teeth.

DISCUSSION:

- a. What was interesting in this article?
- b. Were you surprised by anything in this article?
- c. Do you like yoghurt?
- d. Do you have bad breath?
- e. Would you tell your best friend he/she has bad breath?
- f. Would you tell your teacher / boss he/she has bad breath?
- g. What are the worst smells on someone's breath (e.g. garlic, cigarettes, coffee ...)?
- h. Are there any nice smells on someone's breath?
- i. Do you look after your teeth?
- j. Do you love going to the dentist?
- k. Do you eat lots of things that are bad for your teeth?
- l. What do you think when the person you are talking to has shocking bad breath?
- m. Have you ever wanted to escape from someone with really foul bad breath?
- n. Is halitosis the worst bodily smell?
- o. Do you chew gum or use breath fresheners or mouthwash to avoid bad breath?
- p. Do you check your breath before going on a date?
- q. How do you check your own breath?
- r. Who has the worst breath, men or women, old people or young people?
- s. Can you kiss someone with halitosis?
- t. Did you like this discussion?
- u. Teacher / Student additional questions.

TEXT

Yoghurt - bad news for bad breath

BNE: Japanese scientists have **discovered** a simple solution to help people who have bad breath, which is good news for their friends who have to smell it. Researchers from Japan's Tsurumi University found that sugarless yoghurt **reduced** the levels of hydrogen sulfide in the mouths of 80% of the people they tested. Hydrogen sulfide is the **foul**, bad egg-smelling chemical compound that causes bad breath. They also concluded that eating natural yoghurt regularly helps **fight** tooth decay and gum disease. One in four people suffer from halitosis (the medical name for bad breath), and most of us experience gum disease at some **stage** in our lives.

The **study** was small, with only 24 volunteers, but the results were **promising** for people with oral **hygiene** problems. For two weeks, the participants avoided yoghurt and other products containing the halitosis-fighting bacteria *streptococci* and *lactobacilli*, such as cheese and pickled vegetables. Then for six weeks, the volunteers ate 90g of yoghurt twice a day. Bacteria samples were **collected** from the saliva and the tongues of the participants for analysis after each test period. The results **suggest** we should switch from mints and breath fresheners to sugarless yoghurt.