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**Level 3 – 18th April 2024**

**Seafood could have higher levels of 'forever chemicals'**

**FREE online quizzes, mp3 listening and more for this lesson here:**

<https://breakingnewsenglish.com/2404/240418-seafood-forever-chemicals.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/2404/240418-seafood-forever-chemicals.html>

A new study has suggested that higher levels of "forever chemicals" may exist in seafood. Forever chemicals are man-made toxins that do not break down. They can stay in human blood and lead to a variety of health issues. These include cancer, kidney and liver problems, hormonal changes, and damage to the development of babies in the womb. Researchers from Dartmouth College in the USA said there should be safety guidelines for forever chemicals in seafood. They say that the level of these toxins is highest in marine creatures like shrimp, prawns and lobster. This could mean people who love sushi, sashimi and prawn cocktails may have to rethink their diet and eat a little less seafood.

Forever chemicals were developed in the 1930s. Since the 1950s, they have been used to make many products. They are commonly found in food packaging. Most of our food wrappers, take out containers, pizza boxes and other food holders contain the chemicals. Over the decades, these chemicals have entered our food chain. Researchers said they were in higher levels in seafood. Professor Megan Romano said she wanted people to continue to enjoy seafood, but to be aware of the risks. She said: "Our recommendation isn't to not eat seafood. Seafood is a great source of lean protein and omega fatty acids." She added it was important for people to understand more about what is in the food we eat.

Sources: <https://scitechdaily.com/dartmouth-research-uncovers-hidden-dangers-in-popular-seafoods/>  
<https://www.newsweek.com/warning-toxic-forever-chemical-risk-seafood-diet-1889465>  
<https://link.springer.com/article/10.1007/s12403-024-00640-w>

# WARM-UPS

**1. SEAFOOD:** Students walk around the class and talk to other students about seafood. 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?

study / forever / chemicals / toxins / kidney / liver / babies / womb / sushi / prawns / the 1950s / packaging / wrapper / pizza boxes / seafood / risks / protein / acids

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

**3. WORRY LESS:** Students A **strongly** believe we should worry less about what we eat; Students B **strongly** believe we should worry more. Change partners again and talk about your conversations.

**4. HEALTH ISSUES:** How serious are these health issues? What can we do about them? Complete this table with your partner(s). Change partners often and share what you wrote.

	Seriousness	What We Can Do
Cancer		
Kidney problems		
Hormonal changes		
Allergies		
High blood pressure		
Mental health		

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

**6. FOOD:** Rank these with your partner. Put the best food at the top. Change partners often and share your rankings.

- Seafood
- Meat
- Dairy
- Nuts
- Fast food
- Fruit
- Vegetables
- Bread

# VOCABULARY MATCHING

## Paragraph 1

- |               |   |
|---------------|---|
| 1. exist      | a. A part inside your body that helps clean your blood and helps you digest food.       |
| 2. toxin      | b. Something related to the sea or ocean.   |
| 3. break down | c. To be there, be real, or to be alive.  |
| 4. variety    | d. Something that can make you sick or hurt you if you touch it, eat it, or breathe it. |
| 5. liver      | e. Different types of something.  |
| 6. womb       | f. A special place inside a woman's body where a baby grows before it is born.          |
| 7. marine     | g. When something big becomes smaller and smaller and smaller.                          |

## Paragraph 2

- |                    |  |
|--------------------|--|
| 8. chemical        | h. When someone tells you what they think you should do, be or try.  |
| 9. commonly        | i. A period of ten years.  |
| 10. packaging      | j. Something that covers something else, like the paper around a chocolate bar.                                  |
| 11. wrapper        | k. Something made up of tiny things called atoms, with symbols like Fe, Ag, Pb, etc.                             |
| 12. decade         | l. Something in meat, fish, milk, etc. that helps your muscles and body grow.                                    |
| 13. recommendation | m. Happening a lot or is very usual.   |
| 14. protein        | n. The material that covers or holds something (like food or a new computer) to protect it, like a box or a bag. |

# BEFORE READING / LISTENING

From <https://breakingnewsenglish.com/2404/240418-seafood-forever-chemicals.html>

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

1. Forever chemicals are created naturally in nature. **T / F**
2. Forever chemicals can be harmful to babies in the womb. **T / F**
3. Dartmouth College has created a list of guidelines for eating seafood. **T / F**
4. People must decide whether to choose sushi or sashimi. **T / F**
5. Forever chemicals were first developed in the 1950s. **T / F**
6. The article says there are many forever chemicals in pizza. **T / F**
7. Our food chain now contains forever chemicals. **T / F**
8. Seafood is a great way of getting protein from non-fatty sources. **T / F**

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

- |                      |                    |
|----------------------|--------------------|
| 1. <b>study</b>      | a. passed into     |
| 2. <b>variety</b>    | b. poisons         |
| 3. <b>guidelines</b> | c. meals           |
| 4. <b>toxins</b>     | d. created         |
| 5. <b>diet</b>       | e. often           |
| 6. <b>developed</b>  | f. diversity       |
| 7. <b>commonly</b>   | g. non-fatty       |
| 8. <b>entered</b>    | h. report          |
| 9. <b>lean</b>       | i. consume         |
| 10. <b>eat</b>       | j. recommendations |

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

- |                                     |                          |
|-------------------------------------|--------------------------|
| 1. man-made toxins that do not      | a. of lean protein       |
| 2. These include cancer, kidney and | b. a little less seafood |
| 3. the development of babies        | c. in the 1930s          |
| 4. people who love sushi, sashimi   | d. in the womb           |
| 5. rethink their diet and eat       | e. the food we eat       |
| 6. Forever chemicals were developed | f. and prawn cocktails   |
| 7. food                             | g. food chain            |
| 8. these chemicals have entered our | h. break down            |
| 9. Seafood is a great source        | i. wrappers              |
| 10. more about what is in           | j. liver problems        |

# GAP FILL

From <https://breakingnewsenglish.com/2404/240418-seafood-forever-chemicals.html>

A new study has suggested that higher (1) \_\_\_\_\_ of "forever chemicals" may exist in seafood. Forever chemicals are man-made toxins that do not (2) \_\_\_\_\_ down. They can stay in human blood and lead to a variety of health issues. These include cancer, kidney and (3) \_\_\_\_\_ problems, hormonal changes, and damage to the development of babies in the (4) \_\_\_\_\_. Researchers from Dartmouth College in the USA said there should be (5) \_\_\_\_\_ guidelines for forever chemicals in seafood. They say that the level of these toxins is highest in (6) \_\_\_\_\_ creatures like shrimp, prawns and lobster. This could (7) \_\_\_\_\_ people who love sushi, sashimi and prawn cocktails may have to rethink their (8) \_\_\_\_\_ and eat a little less seafood.

womb  
levels  
marine  
diet  
safety  
break  
mean  
liver

Forever chemicals were (9) \_\_\_\_\_ in the 1930s. Since the 1950s, they have been used to make many products. They are (10) \_\_\_\_\_ found in food packaging. Most of our food (11) \_\_\_\_\_, take out containers, pizza boxes and other food holders (12) \_\_\_\_\_ the chemicals. Over the decades, these chemicals have entered our food (13) \_\_\_\_\_. Researchers said they were in higher levels in seafood. Professor Megan Romano said she wanted people to continue to enjoy seafood, but to be aware of the (14) \_\_\_\_\_. She said: "Our recommendation isn't to not eat seafood. Seafood is a great source of lean (15) \_\_\_\_\_ and omega fatty acids." She added it was important for people to understand (16) \_\_\_\_\_ about what is in the food we eat.

wrappers  
protein  
risks  
developed  
more  
commonly  
chain  
contain

# LISTENING – Guess the answers. Listen to check.

From <https://breakingnewsenglish.com/2404/240418-seafood-forever-chemicals.html>

- 1) higher levels of "forever chemicals" may \_\_\_\_\_
  - a. exit in seafood
  - b. exists in seafood
  - c. resist in seafood
  - d. exist in seafood
- 2) Forever chemicals are \_\_\_\_\_
  - a. man-made toxin
  - b. man-made taxing
  - c. man-made toxins
  - d. man-made tuxedos
- 3) They say that the level of these toxins is highest \_\_\_\_\_
  - a. in marine creatures
  - b. in mariner creatures
  - c. in marina creatures
  - d. in marring creatures
- 4) This could mean people who love sushi, sashimi \_\_\_\_\_
  - a. and brawn cocktails
  - b. and prawn cocktails
  - c. and brown cocktails
  - d. and bran cocktails
- 5) have to rethink their diet and eat a \_\_\_\_\_
  - a. little lest seafood
  - b. little lesser seafood
  - c. little lessen seafood
  - d. little less seafood
- 6) Forever chemicals were developed \_\_\_\_\_
  - a. in the 1930
  - b. in the 1933
  - c. in the 1930s
  - d. in the 1913s
- 7) food wrappers, take out containers, pizza boxes and \_\_\_\_\_
  - a. other food folders
  - b. other food boulders
  - c. other food holders
  - d. other food borders
- 8) Over the decades, these chemicals have entered \_\_\_\_\_
  - a. our food chain
  - b. our food grain
  - c. our food chime
  - d. our food chin
- 9) Romano said she wanted people to continue to enjoy seafood, but to be aware \_\_\_\_\_
  - a. of a risks
  - b. off the risks
  - c. of the risks
  - d. of the risky
- 10) Seafood is a great source of lean protein and \_\_\_\_\_
  - a. alpha fatty acids
  - b. beta fatty acids
  - c. delta fatty acids
  - d. omega fatty acids

# LISTENING – Listen and fill in the gaps

From <https://breakingnewsenglish.com/2404/240418-seafood-forever-chemicals.html>

A new study has suggested (1) \_\_\_\_\_ of "forever chemicals" may exist in seafood. Forever chemicals are man-made toxins that do (2) \_\_\_\_\_. They can stay in human blood and lead to a variety of health issues. These include cancer, (3) \_\_\_\_\_ problems, hormonal changes, and damage to the development of babies in the womb. Researchers from Dartmouth College in the USA said there should (4) \_\_\_\_\_ for forever chemicals in seafood. They say that the level of these toxins is highest (5) \_\_\_\_\_ like shrimp, prawns and lobster. This could mean people who love sushi, sashimi and prawn cocktails may have to (6) \_\_\_\_\_ and eat a little less seafood.

Forever chemicals (7) \_\_\_\_\_ the 1930s. Since the 1950s, they have been used to make many products. They are commonly found in food packaging. Most of (8) \_\_\_\_\_, take out containers, pizza boxes and other food holders contain the chemicals. Over the decades, these chemicals have entered (9) \_\_\_\_\_. Researchers said they were in higher levels in seafood. Professor Megan Romano said she wanted people to continue to enjoy seafood, but (10) \_\_\_\_\_ of the risks. She said: "Our recommendation isn't to not eat seafood. Seafood is a (11) \_\_\_\_\_ lean protein and omega fatty acids." She added it was important for people to understand more about (12) \_\_\_\_\_ the food we eat.



# COMPREHENSION QUESTIONS

From <https://breakingnewsenglish.com/2404/240418-seafood-forever-chemicals.html>

1. Who or what makes the forever chemicals?
2. Where does the article say the forever chemicals can stay?
3. What can forever chemicals damage the development of?
4. What sea creatures did the article mention besides shrimp and prawns?
5. What might sushi and sashimi lovers have to rethink?
6. When were forever chemicals first used to make many products?
7. What have forever chemicals entered over the decades?
8. What does a professor want people to be aware of?
9. What did the professor say was a great source of lean protein?
10. What does the professor want people to understand more about?

# MULTIPLE CHOICE - QUIZ

From <https://breakingnewsenglish.com/2404/240418-seafood-forever-chemicals.html>

- 1) Who or what makes the forever chemicals?
  - a) labs
  - b) factories
  - c) man
  - d) fishermen / fisherwomen
- 2) Where does the article say the forever chemicals can stay?
  - a) in our blood
  - b) in the environment
  - c) in our food
  - d) on the beach
- 3) What can forever chemicals damage the development of?
  - a) the oceans
  - b) babies in the womb
  - c) seafood
  - d) lobsters
- 4) What sea creatures did the article mention besides shrimp and prawns?
  - a) whales
  - b) sharks
  - c) crabs
  - d) lobsters
- 5) What might sushi and sashimi lovers have to rethink?
  - a) eating meat
  - b) where to eat
  - c) their diet
  - d) using soy sauce
- 6) When were forever chemicals first used to make many products?
  - a) the 1960s
  - b) the 1950s
  - c) the 1940s
  - d) the 1930s
- 7) What have forever chemicals entered over the decades?
  - a) many restaurants
  - b) many beaches
  - c) crabs
  - d) our food chain
- 8) What does a professor want people to be aware of?
  - a) the ocean
  - b) risks
  - c) chemical symbols
  - d) lobsters
- 9) What did the professor say was a great source of lean protein?
  - a) milk
  - b) seafood
  - c) chicken
  - d) nuts
- 10) What does the professor want people to understand more about?
  - a) What's in the food we eat.
  - b) lobsters
  - c) The lives of prawns
  - d) chemicals in our blood

# ROLE PLAY

From <https://breakingnewsenglish.com/2404/240418-seafood-forever-chemicals.html>

## **Role A – Seafood**

You think seafood is the best food. Tell the others three reasons why. Tell them what is wrong with their food. Also, tell the others which is the least necessary of these (and why): meat, nuts or fruit.

## **Role B – Meat**

You think meat is the best food. Tell the others three reasons why. Tell them what is wrong with their food. Also, tell the others which is the least necessary of these (and why): fruit, nuts or seafood.

## **Role C – Nuts**

You think nuts are the best food. Tell the others three reasons why. Tell them what is wrong with their food. Also, tell the others which is the least necessary of these (and why): meat, fruit or seafood.

## **Role D – Fruit**

You think fruit is the best food. Tell the others three reasons why. Tell them what is wrong with their food. Also, tell the others which is the least necessary of these (and why): meat, nuts or seafood.

# AFTER READING / LISTENING

From <https://breakingnewsenglish.com/2404/240418-seafood-forever-chemicals.html>

**1. WORD SEARCH:** Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'forever' and 'chemical'.

<b>forever</b>	<b>chemical</b>
----------------	-----------------

- 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>• exist</li><li>• stay</li><li>• lead</li><li>• damage</li><li>• like</li><li>• little</li></ul>	<ul style="list-style-type: none"><li>• used</li><li>• other</li><li>• chain</li><li>• enjoy</li><li>• great</li><li>• important</li></ul>
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# SEAFOOD SURVEY

From <https://breakingnewsenglish.com/2404/240418-seafood-forever-chemicals.html>

Write five GOOD questions about seafood 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.

# SEAFOOD 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 'seafood'?
3. What do you think of seafood?
4. What's the best kind of seafood?
5. Do you worry about what you eat?
6. What do you know about 'forever chemicals'?
7. Is the food we eat becoming safer or more dangerous?
8. Should food have more safety guidelines?
9. Do you need to rethink your diet?
10. Do we worry too much about what is in the food we eat?

*Seafood could have higher levels of "forever chemicals" – 18th April 2024*  
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# SEAFOOD 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 'chemical'?
13. What do you think about what you read?
14. How healthy do you think seafood is?
15. How much do you worry about forever chemicals?
16. What do you think of food packaging?
17. Should we be using plastic for food packaging?
18. Where do you get your protein from?
19. Which is better – sushi or sashimi?
20. What questions would you like to ask the 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/2404/240418-seafood-forever-chemicals.html>

A new study has (1) \_\_\_\_\_ that higher levels of "forever chemicals" may exist in seafood. Forever chemicals are man-made toxins that do not break down. They can stay (2) \_\_\_\_\_ human blood and lead to a variety of health issues. These include cancer, kidney and liver problems, hormonal changes, and damage to the development (3) \_\_\_\_\_ babies in the womb. Researchers from Dartmouth College in the USA said there should be safety (4) \_\_\_\_\_ for forever chemicals in seafood. They say that the level of these toxins is highest in (5) \_\_\_\_\_ creatures like shrimp, prawns and lobster. This could mean people who love sushi, sashimi and prawn cocktails may have to (6) \_\_\_\_\_ their diet and eat a little less seafood.

Forever chemicals were developed (7) \_\_\_\_\_ the 1930s. Since the 1950s, they have been used to make many products. They are (8) \_\_\_\_\_ found in food packaging. Most of our food wrappers, take out containers, pizza boxes and other food holders contain the chemicals. (9) \_\_\_\_\_ the decades, these chemicals have entered our food chain. Researchers said they were in higher levels in seafood. Professor Megan Romano said she wanted people to continue to enjoy seafood, but to (10) \_\_\_\_\_ aware of the risks. She said: "Our recommendation isn't to (11) \_\_\_\_\_ eat seafood. Seafood is a great source of lean protein and omega fatty acids." She added it was (12) \_\_\_\_\_ for people to understand more about what is in the food we eat.

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

- |     |                 |               |                |                 |
|-----|-----------------|---------------|----------------|-----------------|
| 1.  | (a) suggests    | (b) suggested | (c) suggesting | (d) suggestive  |
| 2.  | (a) at          | (b) on        | (c) by         | (d) in          |
| 3.  | (a) up          | (b) of        | (c) down       | (d) at          |
| 4.  | (a) bylines     | (b) gridlines | (c) guidelines | (d) white lines |
| 5.  | (a) marine      | (b) marina    | (c) mariner    | (d) marinated   |
| 6.  | (a) rethink     | (b) think     | (c) thinking   | (d) thinks      |
| 7.  | (a) as          | (b) on        | (c) at         | (d) in          |
| 8.  | (a) commonly    | (b) common    | (c) commons    | (d) commoner    |
| 9.  | (a) Passed      | (b) Over      | (c) In         | (d) Under       |
| 10. | (a) do          | (b) have      | (c) be         | (d) take        |
| 11. | (a) have        | (b) do        | (c) not        | (d) much        |
| 12. | (a) importantly | (b) important | (c) importance | (d) imported    |



# SPELLING

From <https://breakingnewsenglish.com/2404/240418-seafood-forever-chemicals.html>

## Paragraph 1

1. forever chemicals may xetis in seafood
2. ydknei and liver problems
3. babies in the owmb
4. there should be safety eliegidusn
5. earimn creatures like shrimp, prawns and lobster
6. rethink their eidt

## Paragraph 2

7. chemicals were oleeddvep in the 1930s
8. commonly found in food aipkqgcan
9. Over the dedaecs
10. be aware of the kriss
11. Seafood is a great usocer
12. lean rtipnoe

# PUT THE TEXT BACK TOGETHER

From <https://breakingnewsenglish.com/2404/240418-seafood-forever-chemicals.html>

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

- ( ) Forever chemicals were developed in the 1930s. Since the 1950s, they have been used to make many
- ( ) products. They are commonly found in food packaging. Most of our food wrappers, take out containers, pizza
- ( ) guidelines for forever chemicals in seafood. They say that the level of these toxins is highest in marine
- ( ) chain. Researchers said they were in higher levels in seafood. Professor Megan Romano said she wanted
- ( ) of babies in the womb. Researchers from Dartmouth College in the USA said there should be safety
- ( ) people to continue to enjoy seafood, but to be aware of the risks. She said: "Our recommendation isn't to not
- ( ) boxes and other food holders contain the chemicals. Over the decades, these chemicals have entered our food
- ( ) eat seafood. Seafood is a great source of lean protein and omega fatty acids." She added it was
- ( ) important for people to understand more about what is in the food we eat.
- ( ) made toxins that do not break down. They can stay in human blood and lead to a variety of health
- ( ) creatures like shrimp, prawns and lobster. This could mean people who
- ( ) love sushi, sashimi and prawn cocktails may have to rethink their diet and eat a little less seafood.
- ( **1** ) A new study has suggested that higher levels of "forever chemicals" may exist in seafood. Forever chemicals are man-
- ( ) issues. These include cancer, kidney and liver problems, hormonal changes, and damage to the development

# PUT THE WORDS IN THE RIGHT ORDER

From <https://breakingnewsenglish.com/2404/240418-seafood-forever-chemicals.html>

1. of chemicals exist . levels forever Higher may
2. to variety Lead of a issues . health
3. guidelines There safety forever chemicals . should be for
4. these toxins level highest . is The of
5. and diet eat Rethink little a their less .
6. developed the Forever 1930s . chemicals were in
7. They make been to many have used products .
8. They are food found in commonly packaging .
9. a lean Seafood great protein . source of is
10. is in more about the what Understand food .

# CIRCLE THE CORRECT WORD (20 PAIRS)

From <https://breakingnewsenglish.com/2404/240418-seafood-forever-chemicals.html>

A new study has *suggest* / *suggested* that higher levels of "forever chemicals" may *exist* / *exists* in seafood. Forever chemicals are man-made toxins that do not break down. They can stay in human blood and *led* / *lead* to a variety of health issues. These include cancer, kidney and *river* / *liver* problems, hormonal *chances* / *changes*, and damage to the development of babies *in* / *on* the womb. Researchers from Dartmouth College in the USA said there should be *safety* / *safely* guidelines for forever chemicals in seafood. They say that the level of these toxins is *height* / *highest* in marine creatures like shrimp, prawns and lobster. This could mean people who *love* / *lovely* sushi, sashimi and prawn cocktails may have to rethink their diet and eat a *little* / *small* less seafood.

Forever chemicals were *develops* / *developed* in the 1930s. Since the 1950s, they have been used to make many *products* / *produce*. They are commonly found in food packaging. Most of our food wrappers, take *in* / *out* containers, pizza boxes and other food holders *contents* / *contain* the chemicals. Over the decades, these chemicals have *entry* / *entered* our food chain. Researchers said they were in higher levels *on* / *in* seafood. Professor Megan Romano said she wanted people to continue to enjoy seafood, but to *have* / *be* aware of the risks. She said: "Our recommendation isn't to not eat seafood. Seafood is a great *source* / *sauce* of lean protein and omega fatty acids." She added it was *important* / *importance* for people to understand more about what is *on* / *in* the food we eat.

**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/2404/240418-seafood-forever-chemicals.html>

\_ n\_w st\_dy h\_s s\_gg\_st\_d th\_t h\_gh\_r l\_v\_ls \_f  
"f\_r\_v\_r ch\_m\_c\_ls" m\_y \_x\_st \_n s\_\_f\_\_d. F\_r\_v\_r  
ch\_m\_c\_ls \_r\_ m\_n-m\_d\_ t\_x\_ns th\_t d\_ n\_t br\_\_k  
d\_wn. Th\_y c\_n st\_y \_n h\_m\_n bl\_\_d \_nd l\_\_d t\_ \_  
v\_r\_\_ty \_f h\_\_lth \_ss\_\_s. Th\_s\_ \_ncl\_d\_ c\_nc\_r, k\_dn\_y  
\_nd l\_v\_r pr\_bl\_ms, h\_rm\_n\_l ch\_ng\_s, \_nd d\_m\_g\_ t\_  
th\_ d\_v\_l\_pm\_nt \_f b\_b\_\_s \_n th\_ w\_mb. R\_s\_\_rch\_rs  
fr\_m D\_rtm\_\_th C\_ll\_g\_ \_n th\_ \_S\_ s\_\_d th\_r\_ sh\_\_ld  
b\_ s\_f\_ty g\_\_d\_l\_n\_s f\_r f\_r\_v\_r ch\_m\_c\_ls \_n s\_\_f\_\_d.  
Th\_y s\_y th\_t th\_ l\_v\_l \_f th\_s\_ t\_x\_ns \_s h\_gh\_st  
\_n m\_r\_n\_ cr\_\_t\_r\_s l\_k\_ shr\_mp, pr\_wns \_nd l\_bst\_r.  
Th\_s c\_\_ld m\_\_n p\_\_pl\_ wh\_ l\_v\_ s\_sh\_, s\_sh\_m\_ \_nd  
pr\_wn c\_ckt\_\_ls m\_y h\_v\_ t\_ r\_th\_nk th\_\_r d\_\_t \_nd  
\_\_t \_ lttl\_ l\_ss s\_\_f\_\_d.

F\_r\_v\_r ch\_m\_c\_ls w\_r\_ d\_v\_l\_p\_d \_n th\_ 1930s. S\_nc\_  
th\_ 1950s, th\_y h\_v\_ b\_\_n \_s\_d t\_ m\_k\_ m\_ny  
pr\_d\_cts. Th\_y \_r\_ c\_mmm\_nly f\_\_nd \_n f\_\_d p\_ck\_g\_ng.  
M\_st \_f \_\_r f\_\_d wr\_pp\_rs, t\_k\_ \_\_t c\_nt\_\_n\_rs, p\_zz\_  
b\_x\_s \_nd \_th\_r f\_\_d h\_ld\_rs c\_nt\_\_n th\_ ch\_m\_c\_ls.  
\_v\_r th\_ d\_c\_d\_s, th\_s\_ ch\_m\_c\_ls h\_v\_ \_nt\_r\_d \_\_r  
f\_\_d ch\_\_n. R\_s\_\_rch\_rs s\_\_d th\_y w\_r\_ \_n h\_gh\_r  
l\_v\_ls \_n s\_\_f\_\_d. Pr\_f\_ss\_r M\_g\_n R\_m\_n\_ s\_\_d sh\_  
w\_nt\_d p\_\_pl\_ t\_ c\_nt\_n\_\_ t\_ \_nj\_y s\_\_f\_\_d, b\_t t\_  
b\_ \_w\_r\_ \_f th\_ r\_sks. Sh\_ s\_\_d: " \_\_r  
r\_c\_mmm\_nd\_t\_\_n \_sn't t\_ n\_t \_\_t s\_\_f\_\_d. S\_\_f\_\_d \_s  
\_ gr\_\_t s\_\_rc\_ \_f l\_\_n pr\_t\_\_n \_nd \_m\_g\_ f\_tty  
\_c\_ds." Sh\_ \_dd\_d \_t w\_s \_mp\_rt\_nt f\_r p\_\_pl\_ t\_  
\_nd\_rst\_nd m\_r\_ \_b\_\_t wh\_t \_s \_n th\_ f\_\_d w\_ \_\_t.

# PUNCTUATE THE TEXT AND ADD CAPITALS

From <https://breakingnewsenglish.com/2404/240418-seafood-forever-chemicals.html>

a new study has suggested that higher levels of forever chemicals may exist in seafood forever chemicals are manmade toxins that do not break down they can stay in human blood and lead to a variety of health issues these include cancer kidney and liver problems hormonal changes and damage to the development of babies in the womb researchers from dartmouth college in the usa said there should be safety guidelines for forever chemicals in seafood they say that the level of these toxins is highest in marine creatures like shrimp prawns and lobster this could mean people who love sushi sashimi and prawn cocktails may have to rethink their diet and eat a little less seafood

forever chemicals were developed in the 1930s since the 1950s they have been used to make many products they are commonly found in food packaging most of our food wrappers take out containers pizza boxes and other food holders contain the chemicals over the decades these chemicals have entered our food chain researchers said they were in higher levels in seafood professor megan romano said she wanted people to continue to enjoy seafood but to be aware of the risks she said our recommendation isnt to not eat seafood seafood is a great source of lean protein and omega fatty acids she added it was important for people to understand more about what is in the food we eat

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2404/240418-seafood-forever-chemicals.html>

A new study has suggested that higher levels of "forever chemicals" may exist in seafood. Forever chemicals are man-made toxins that do not break down. They can stay in human blood and lead to a variety of health issues. These include cancer, kidney and liver problems, hormonal changes, and damage to the development of babies in the womb. Researchers from Dartmouth College in the USA said there should be safety guidelines for forever chemicals in seafood. They say that the level of these toxins is high in marine creatures like shrimp, prawns and lobster. This could mean people who love sushi, sashimi and prawn cocktails may have to rethink their diet and eat a little less seafood. Forever chemicals were developed in the 1930s. Since the 1950s, they have been used to make many products. They are commonly found in food packaging. Most of our food wrappers, takeout containers, pizza boxes and other food holders contain the chemicals. Over the decades, these chemicals have entered our food chain. Researchers said they were in higher levels in seafood. Professor Megan Romanos said she wanted people to continue to enjoy seafood, but to be aware of the risks. She said: "Our recommendation is not to eat seafood. Seafood is a great source of lean protein and omega fatty acids." She added it was important for people to understand more about what is in the food we eat.







# 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. SEAFOOD:** Make a poster about seafood. Show your work to your classmates in the next lesson. Did you all have similar things?

**4. WORRYING LESS:** Write a magazine article about all of us worrying less about what's in the food we eat. 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 seafood. Ask him/her three questions about it. Give him/her three of your opinions on eating seafood. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

# ANSWERS

## VOCABULARY (p.4)

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

## TRUE / FALSE (p.5)

- 1 F    2 T    3 F    4 F    5 F    6 F    7 T    8 T

## SYNONYM MATCH (p.5)

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

## COMPREHENSION QUESTIONS (p.9)

1. Man
2. In our blood
3. Babies in the womb
4. Lobsters
5. Their diet
6. The 1950s
7. Our food chain
8. The risks (of eating seafood)
9. Seafood
10. What's in the food we eat.

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

1. Higher levels of forever chemicals may exist.
2. Lead to a variety of health issues.
3. There should be safety guidelines for forever chemicals.
4. The level of these toxins is highest.
5. Rethink their diet and eat a little less.
6. Forever chemicals were developed in the 1930s.
7. They have been used to make many products.
8. They are commonly found in food packaging.
9. Seafood is a great source of lean protein.
10. Understand more about what is in the food.

## MULTIPLE CHOICE - QUIZ (p.10)

1. c    2. a    3. b    4. d    5. c    6. b    7. d    8. b    9. b    10. a

## ALL OTHER EXERCISES

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