



# Everyday Habit: A Surprising Source of Plastic Pollution

## Description

Chewing gum can be bad for the environment. It is made of plastic, like the material used in car tyres.

Many people are shocked to learn this. Most gum packages do not tell you what is inside. They just say "gum base."

This "gum base" can have chemicals like styrene-butadiene, polyethylene, and polyvinyl acetate. These are also used in plastic bags and glues.

The chewing gum market is very big. In 2025, it might be worth about \$49 billion. A lot of it comes from just a few companies, like Wrigley.

People make about 1.74 trillion pieces of gum each year. This means over 2 million tonnes of gum are produced. When you throw away gum, it does not break down. It stays in the environment for a long time.

Cleaning up gum is hard and costs a lot of money. In the UK, it can cost £7 million each year. Everyone should be careful with their gum. We need to find better ways to help the environment.

## Vocabulary List:

1. **Environment** /ɪnˈvaɪrənmənt/ (noun): The natural world including the land water and atmosphere.
2. **Plastic** /ˈplæstɪk/ (noun): A synthetic material made from a wide range of organic polymers.
3. **Chemicals** /ˈkɛmɪkəlz/ (noun): Substances used in or produced by chemical processes.
4. **Produce** /prəˈduːs/ (verb): To create or manufacture something.
5. **Cost** /kɔːst/ (noun): The amount of money required to purchase or do something.
6. **Break down** /breɪk daʊn/ (verb): To decompose or disintegrate into smaller parts.

## Comprehension Questions

### Multiple Choice

1. What materials are used to make chewing gum?

Option: Plastic

Option: Rubber



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Option: Metal

Option: Glass

2. Which chemicals can be found in the

Option: Styrene-butadiene

Option: Calcium

Option: Aluminum

Option: Silicon

3. How much is the chewing gum market estimated to be worth by 2025?

Option: \$10 billion

Option: \$25 billion

Option: \$49 billion

Option: \$75 billion

4. What happens to gum when it is thrown away?

Option: It decomposes quickly

Option: It stays in the environment for a long time

Option: It turns into soil

Option: It vaporizes

5. How much does it cost in the UK to clean up gum each year?

Option: £1 million

Option: £5 million

Option: £7 million

Option: £10 million

6. Why should everyone be careful with their gum?

Option: To avoid tooth decay

Option: To prevent gum from sticking

Option: To help the environment

Option: To save money

### **True-False**

7. Chewing gum is not harmful to the environment.

8. Most gum packages provide detailed information about their contents.



9. Gum base contains chemicals also used in plastic bags and glues.
10. Chewing gum breaks down easily in the environment.
11. Cleaning up gum does not require significant costs.
12. Finding better ways to help the environment is unnecessary.

### Gap-Fill

15. In 2025, the chewing gum market might be worth about \$ \_\_\_\_\_ billion.
16. When thrown away, gum does not easily \_\_\_\_\_ in the environment.
17. Cleaning up gum is a difficult and \_\_\_\_\_ task.
18. To help the environment, everyone should be cautious with their \_\_\_\_\_.

### Answer

**Multiple Choice:** 1. Plastic 2. Styrene-butadiene 3. \$49 billion 4. It stays in the environment for a long time  
5. £7 million 6. To help the environment

**True-False:** 7. False 8. False 9. True 10. False 11. False 12. False

**Gap-Fill:** 15. 49 16. break down 17. costly 18. gum

## Vocabulary quizzes

### Multiple Choice ( Select the Correct answer for each question. )

1. What product is recommended to protect the skin from harmful UV rays?  
Option: Sunglasses  
Option: Sunscreen  
Option: Scarf  
Option: Sweater
2. Which condition is characterized by excessive body weight?  
Option: Anemia  
Option: Obesity



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- Option: Asthma  
Option: Eczema
3. What is a waxy substance found in the blood that can lead to heart disease if levels are high?  
Option: Fiber  
Option: Vitamin C  
Option: Cholesterol  
Option: Potassium
4. Which term refers to the surroundings or conditions in which a person animal or plant lives or operates?  
Option: Technology  
Option: Environment  
Option: History  
Option: Economics
5. What is the ability to understand and share the feelings of another?  
Option: Cruelty  
Option: Empathy  
Option: Rudeness  
Option: Selfishness
6. Which type of diet is known for its focus on fruits vegetables and olive oil?  
Option: Keto  
Option: Vegan  
Option: Mediterranean  
Option: Paleo
7. Which deep-sea creature uses a glowing lure to attract prey?  
Option: Sea Horse  
Option: Clownfish  
Option: Anglerfish  
Option: Starfish
8. Which material is a major contributor to pollution in oceans?  
Option: Glass  
Option: Metal  
Option: Plastic  
Option: Wood
9. What term refers to the action of stopping something from happening or arising?  
Option: Treatment  
Option: Prevention  
Option: Cure



Option: Recovery

10. Which substances are often present in cleaning products and can be harmful if not used properly?

Option: Seeds

Option: Chemicals

Option: Minerals

Option: Acids

**Gap-Fill ( Fill in the blanks with the correct word from the vocabulary list. )**

11. Excessive exposure to the sun can increase the risk of \_\_\_\_\_.

12. High blood pressure is a significant risk factor for \_\_\_\_\_.

13. Water is a critical \_\_\_\_\_ for all living organisms.

14. The institution responsible for creating and enforcing laws is the \_\_\_\_\_.

15. Successful projects often require strong \_\_\_\_\_ among team members.

16. Farmers grow crops and raise livestock to \_\_\_\_\_ food for the population.

17. The price of goods or services is often a determining factor in the \_\_\_\_\_ decision.

18. Enzymes in the digestive system help \_\_\_\_\_ food into nutrients for the body.

19. Encountering something unusual or unfamiliar may be described as \_\_\_\_\_.

20. Predators hunt and capture \_\_\_\_\_ for sustenance.

21. Fever is a common \_\_\_\_\_ of an underlying infection.

**Matching Sentences ( Match each definition to the correct word from the vocabulary list. )**

22. Small brown spots on the skin often caused by exposure to sunlight.

23. Dark spots on the sun's surface due to magnetic activity.

24. Small dark spots on the skin that may be raised and are usually harmless.

25. The act of searching or traveling a terrain for discovery or knowledge.



26. A specific task or goal that someone is given to accomplish.
27. Rules or directives made and maintained by an authority or government body.
28. Emitting light that is not caused by heat.
29. Perceived as unusual or unfamiliar; out of the ordinary.
30. The potential for an event or action to have adverse consequences.
31. The administrative body that oversees a country state or organization.

## Answer

**Multiple Choice:** 1. Sunscreen 2. Obesity 3. Cholesterol 4. Environment 5. Empathy 6. Mediterranean 7. Anglerfish 8. Plastic 9. Prevention 10. Chemicals

**Gap-Fill:** 11. Skin cancer 12. Stroke 13. Resource 14. Government 15. Collaboration 16. Produce 17. Cost 18. Break down 19. Strange 20. Prey 21. Symptom

**Matching sentence:** 1. Freckles 2. Sunspots 3. Moles 4. Exploration 5. Mission 6. Regulation 7. Luminescent 8. Strange 9. Risk 10. Government

## CATEGORY

1. Health - LEVEL1

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