



## Important Information for Consumers Regarding Milk Testing Positive for Bird Flu – NPR

### Description

Federal officials reassured the public that the risk remains low after the Food and Drug Administration (FDA) reported finding traces of bird flu in commercially available milk. The announcement comes as a national outbreak of highly pathogenic avian influenza (HPAI) has been confirmed among dairy cows in at least eight states. The disease, which is highly contagious and often fatal in avian populations, has also affected humans who had contact with infected animals.

Government officials and experts have stated that there is no evidence of an infectious virus in pasteurized milk. The FDA conducted tests on retail milk and detected genetic material from the virus. However, efforts to grow the virus from these samples showed that it was not infectious. Despite this, the FDA assured consumers that the commercial milk supply is safe.

Experts explain that while pasteurization kills harmful bacteria and viruses in milk, some genetic material may still remain. In the case of bird flu, tests indicate that the virus was previously present but is no longer infectious.

The FDA will continue to evaluate milk samples using advanced testing methods to determine the presence of viable virus. Consumers have been reassured that it is still safe to drink milk, as any milk from infected cows is disposed of before entering the food supply. Pasteurization is known to effectively inactivate heat-sensitive viruses like H5N1, and studies have shown that it can also inactivate bird flu in eggs.

To contain the outbreak, the USDA has implemented measures to prevent the spread of bird flu among dairy cows, including mandatory testing before interstate movement. While the virus is not transmitted through food, efforts are focused on protecting individuals who come into close contact with infected animals.

In conclusion, while traces of bird flu have been found in milk, experts maintain that it is safe for consumption, and measures are in place to ensure the safety of the dairy supply chain.

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## Vocabulary List:

1. **Reassured** // (verb): To restore confidence and remove doubts or fears.
2. **Traces** // (noun): Tiny amounts or marks left behind.
3. **Outbreak** // (noun): Sudden increase in the incidence of a disease.
4. **Pathogenic** // (adjective): Causing or capable of causing disease.
5. **Contagious** // (adjective): Easily spread from one person to another.
6. **Infectious** // (adjective): Capable of causing infection.

## Vocabulary quizzes

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

1. Which term describes a significant change or transformation in a particular field?  
Option: Revolutionizing  
Option: Arthritis  
Option: Inflammatory  
Option: Euphoria
2. What term refers to the degree to which a substance can damage an organism?  
Option: Benefit  
Option: Antioxidants  
Option: Toxicity  
Option: Sensitivity
3. What is the term for intense desires for a particular type of food?



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- Option: Cravings  
Option: Influx  
Option: Insulin  
Option: Stimulates
4. Which term relates to the treatment or healing of a disease or condition?  
Option: Innovative  
Option: Stability  
Option: Therapeutic  
Option: Conscious
5. What word is used to describe something that brings about a significant and fundamental change?  
Option: Innovative  
Option: Revolutionizing  
Option: Influx  
Option: Recommend
6. Which term describes a biological response to harmful stimuli such as pathogens or damaged cells?  
Option: Euphoria  
Option: Arthritis  
Option: Inflammatory  
Option: Regulates
7. What hormone is responsible for regulating blood sugar levels in the body?  
Option: Insulin  
Option: Sensitivity  
Option: Stability  
Option: Nutrients
8. Which term refers to the excessive or unnecessary use of something?  
Option: Benefits  
Option: Antioxidants  
Option: Overuse  
Option: Resistant
9. What term describes the susceptibility of an organism to react to certain factors?  
Option: Infectious  
Option: Stability  
Option: Sensitivity  
Option: Well-being
10. Which term relates to being aware of and able to think about and control one's actions?  
Option: Toxicity



- Option: Conscious
- Option: Reassured
- Option: Traces

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

11. The company prides itself on its \_\_\_\_\_ approach to product development.
12. Regular exercise can contribute to overall health and \_\_\_\_\_ .
13. The endocrine system \_\_\_\_\_ hormone levels in the body.
14. By practicing mindfulness one can become more \_\_\_\_\_ of their thoughts and emotions.
15. Understanding your food \_\_\_\_\_ can help you make healthier choices.
16. People with diabetes may require regular injections of \_\_\_\_\_ to manage their blood sugar.
17. Health experts \_\_\_\_\_ incorporating more fruits and vegetables into your diet.
18. Exercise \_\_\_\_\_ the release of endorphins which can improve mood.
19. Some people find gardening to be a \_\_\_\_\_ and stress-relieving activity.
20. Exposure to high levels of certain chemicals can lead to toxicity and adverse health effects.

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

21. Regular exercise has numerous positive effects on overall health and well-being.
22. Fruits and vegetables are rich in compounds that help combat oxidative stress in the body.
23. The sudden surge in demand for a specific product became a surprising economic phenomenon.
24. The winning team celebrated with a sense of euphoria and joy.
25. The city experienced an influx of tourists during the holiday season.



26. Health authorities monitored the recent outbreak of a contagious virus.
27. Scientists studied the effects of various pathogenic bacteria on human health.
28. Doctors and nutritionists recommended a balanced diet for optimal health.
29. Certain bacteria have become increasingly resistant to antibiotics over time.
30. Being environmentally conscious involves making choices that minimize negative impact on the planet.

## Answer

**Multiple Choice:** 1. Revolutionizing 2. Toxicity 3. Cravings 4. Therapeutic 5. Revolutionizing 6. Inflammatory 7. Insulin 8. Overuse 9. Sensitivity 10. Conscious

**Gap-Fill:** 11. innovative 12. stability 13. regulates 14. conscious 15. cravings 16. insulin 17. recommend 18. stimulates 19. therapeutic 20. toxicity

**Matching sentence:** 1. benefit 2. antioxidants 3. phenomenon 4. euphoria 5. influx 6. outbreak 7. pathogenic 8. recommended 9. resistant 10. conscious

## CATEGORY

1. Health - LEVEL6

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