



Microplastics Released in Your Mouth from Chewing Gum: Study

Description

Did you know that chewing gum can release tiny pieces of plastic into your mouth? Researchers have found that when you chew gum, it can create pollution because most gum is made from rubber. Microplastics, which are tiny pieces of plastic, have been found all over the world, even in our bodies.

A recent study showed that chewing gum can release about 100 pieces of microplastics into your mouth. People who chew a lot of gum could be swallowing up to 30,000 microplastics a year. This is a concern for our health and the environment.

It's important to know that the most common gum sold in stores contains plastics, even though the ingredients are not listed on the package. This means that we may be ingesting more plastic than we realize. But don't worry, experts say that the small amount of microplastics in gum is not likely to harm us.

So, while it's okay to chew gum, remember not to spit it out on the ground as it can contribute to plastic pollution. Let's be mindful of how our small actions can impact the world around us!

Vocabulary List:

1. **Microplastics** /ˌmaɪ.kroʊˈplæs.tɪks/ (noun): Tiny pieces of plastic that can cause pollution and are found in various environments including the body.
2. **Pollution** /pəˈluː.ʃən/ (noun): The presence or introduction of harmful substances or products into the environment.
3. **Concern** /kənˈsɜːn/ (noun): A matter of interest or importance that causes worry.
4. **Ingesting** /ɪnˈdʒɛstɪŋ/ (verb): The act of taking in food or drink through the mouth.
5. **Contribute** /kənˈtrɪb.juːt/ (verb): To give (something such as money or time) to help achieve or provide something.
6. **Mindful** /ˈmaɪnd.fəl/ (adjective): Being conscious or aware of something especially in relation to one's impact on the environment.

Comprehension Questions

Multiple Choice



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1. What is the main concern mentioned regarding chewing gum in the text?
 - Option: Releasing microplastics into the mouth
 - Option: Causing tooth decay
 - Option: Staining teeth
 - Option: Increasing saliva production

 2. How many pieces of microplastics can chewing gum release into the mouth according to a recent study mentioned in the text?
 - Option: 50
 - Option: 100
 - Option: 200
 - Option: 500

 3. What is the potential annual intake of microplastics for people who chew a lot of gum?
 - Option: 5,000
 - Option: 10,000
 - Option: 20,000
 - Option: 30,000

 4. Why is it mentioned that chewing gum can contribute to plastic pollution?
 - Option: Due to releasing harmful chemicals
 - Option: Because most gum is made from rubber
 - Option: To improve environmental awareness
 - Option: To discourage people from chewing gum

 5. Which statement best reflects the experts' view on the harm caused by microplastics in gum?
 - Option: Microplastics in gum have significant health impacts
 - Option: Microplastics in gum are not likely to harm us
 - Option: Microplastics in gum should be completely avoided
 - Option: Microplastics in gum are beneficial for health

 6. What is suggested in the text to prevent contributing to plastic pollution from chewing gum?
 - Option: Spitting out gum on the ground
 - Option: Swallowing gum after chewing
 - Option: Being mindful of where gum is disposed
 - Option: Chewing more gum



True-False

7. Chewing gum is mostly made from rubber.
8. The ingredients used in most common gum sold in stores are listed on the package.
9. Experts believe that the small amount of microplastics in gum poses a significant health risk.
10. Spitting out gum on the ground does not contribute to plastic pollution.
11. Chewing a lot of gum can result in swallowing thousands of microplastics per year.
12. Microplastics have been found to exist only outside our bodies.

Gap-Fill

13. Research has shown that chewing gum can release about 100 pieces of microplastics into the mouth, and people who chew a lot of gum could be swallowing up to 30,000 microplastics a year. This is a concern for our _____ and the environment.
14. It's important to know that the most common gum sold in stores contains plastics, even though the ingredients are not listed on the package. This means that we may be ingesting more plastic than we realize. But don't worry, experts say that the small amount of microplastics in gum is not likely to harm _____.
_____.
15. So, while it's okay to chew gum, remember not to spit it out on the ground as it can contribute to plastic _____. Let's be mindful of how our small actions can impact the world around us!
16. A recent study showed that chewing gum can release about 100 pieces of microplastics into your mouth. People who chew a lot of gum could be swallowing up to 30,000 _____ a year.



17. The ingestion of microplastics from chewing gum is a concern for our health and the

_____.

18. Chewing gum can contribute to plastic pollution because most gum is made from

_____.

Answer

Multiple Choice: 1. Releasing microplastics into the mouth 2. 100 3. 30,000 4. Because most gum is made from rubber 5. Microplastics in gum are not likely to harm us 6. Being mindful of where gum is disposed

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

Gap-Fill: 13. health 14. us 15. pollution 16. microplastics 17. environment 18. rubber

Vocabulary quizzes

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

1. What provides a sense of release or relief from stress or pain?

- Option: Strain
- Option: Ingesting
- Option: Alertness
- Option: Health

2. What are small plastic pieces less than five millimeters long?

- Option: Quality
- Option: Microplastics
- Option: Boost
- Option: Activity

3. What is the presence of harmful substances in the environment?

- Option: Concern
- Option: Pollution
- Option: Potential
- Option: Contribute

4. At what point do nitrogen-vacancy centers get formed in diamonds?

- Option: Wisely



- Option: Formed
- Option: Boost
- Option: Activity

5. What is the state of being fully awake and able to think clearly?

- Option: Groggy
- Option: Alertness
- Option: Relieve
- Option: Persistent

6. What is the regular geometrical arrangement of points in space?

- Option: Quality
- Option: Lattice
- Option: Boost
- Option: Activity

7. What is water or other liquid diffused in a small quantity as vapor or within a solid?

- Option: Health
- Option: Moisture
- Option: Activity
- Option: Concentration

8. What term describes something that is not clear or sharply defined?

- Option: Blurry
- Option: Ingesting
- Option: Quality
- Option: Concern

9. Which word means to do something with good judgment or sense?

- Option: Wisely
- Option: Relief
- Option: Groggy
- Option: Concentration

10. Which word is used to describe the condition of being active?

- Option: Health
- Option: Moisture
- Option: Activity
- Option: Concern

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



11. Persistent exposure to loud noise can cause _____ on the ears.
12. _____ microplastics through contaminated water can pose serious health risks.
13. Artificial intelligence has the potential to enhance the _____ of healthcare services.
14. After a long flight she felt _____ and unfocused.
15. Yoga and meditation can help improve mental _____ and focus.
16. Researchers are investigating the _____ of quasicrystals for various applications.
17. Regular exercise can provide a natural _____ to energy levels.
18. Maintaining proper hydration levels is essential for good _____.
19. The children engaged in various outdoor _____ to stay active.
20. Practicing _____ eating can help individuals make healthier food choices.

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

21. Concerns regarding plastic waste and industrial emissions have raised awareness about environmental .
22. Scientific in the field of medicine have led to advancements in treatments for various diseases.
23. After a good night's sleep she woke up feeling and ready for the day ahead.
24. Volunteers regularly their time and skills to help those in need within the community.
25. The fire alarm rang prompting everyone to be and evacuate the building.
26. The new technology shows great for revolutionizing the way we communicate.
27. The unique properties of a lattice structure have intrigued researchers for decades.
28. The arrangement of atoms in a crystal forms a repeating pattern.
29. The centers in diamonds play a crucial role in quantum sensing applications.



30. Cooking food using a oven is a convenient and time-saving method.

Answer

Multiple Choice: 1. Health 2. Microplastics 3. Pollution 4. Formed 5. Alertness 6. Lattice 7. Moisture 8. Blurry 9. Wisely 10. Activity

Gap-Fill: 11. strain 12. Ingesting 13. quality 14. groggy 15. concentration 16. potential 17. boost 18. health 19. activity 20. mindful

Matching sentence: 1. pollution 2. discoveries 3. refreshed 4. contribute 5. alert 6. potential 7. quasicrystal 8. lattice 9. nitrogen-vacancy 10. microwave

CATEGORY

1. Health - LEVEL2

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