

## Takeaway Packaging: A Hidden Risk for Heart Failure?

## **Description**

Using disposable plastic containers for takeaway food can be dangerous. They may leak harmful chemicals into your food. This can increase the risk of heart problems.

Scientists in China did tests on rats. They found that when rats drank water that touched heated plastic, their bodies changed. Their gut bacteria changed first.

After three months, the rats that had this water showed heart problems. They had broken fibers in their heart tissue and other damages.

We do not know if this happens in humans. However, researchers warn against using plastic containers for hot food.

In another study, older adults who had more exposure to plastic reported more heart issues.

When plastic is heated, it can break down and release tiny plastic pieces. Microwaving plastic containers can also release these harmful particles.

Studies have found plastic in the blood of people with heart problems. This may lead to serious health issues.

Next time you order takeaway, think about the type of container and the heat of your food.

# **Vocabulary List:**

- 1. Disposable /dɪs'poʊ.zə.bəl/ (adjective): Designed for use once and then thrown away.
- 2. Leak /liːk/ (verb): To allow liquid or gas to escape from a container.
- 3. Harmful /'hɑ:rm.fəl/ (adjective): Causing or capable of causing harm.
- 4. Exposure /ɪkˈspoʊ.ʒər/ (noun): The state of being exposed to contact with something.
- 5. Microwaving /'mai.kroʊ.weiv.in/ (verb): The process of cooking or heating food using a microwave.
- 6. **Chemicals** /'kɛm.ɪ.kəlz/ (noun): Substances with a distinct molecular composition that are used in a chemical process.

# **Comprehension Questions**



### **Multiple Choice**

1. What risk can using disposable plastic containers for takeaway food pose?

Option: Increased risk of heart problems Option: Decreased risk of heart problems

Option: No risk at all

Option: Increased risk of diabetes

2. Where did scientists conduct tests on rats related to the effects of plastic containers?

Option: China

Option: United States
Option: Australia
Option: India

3. What changes were observed in the gut bacteria of rats that drank water touching heated plastic?

Option: Gut bacteria remained the same

Option: Gut bacteria disappeared Option: Gut bacteria changed Option: Gut bacteria multiplied

4. What significant health issue may arise in humans from the presence of plastic in the blood?

Option: Heart problems
Option: Lung problems
Option: Skin problems

Option: Digestive problems

5. What happens when plastic is heated according to the text?

Option: It releases harmful particles

Option: It becomes stronger

Option: It dissolves

Option: It remains unchanged

6. What is the warning given by researchers regarding plastic containers and hot food?

Option: Avoid using plastic containers for hot food Option: Use plastic containers for all types of food

Option: Heat food at high temperatures in plastic containers

Option: Only use plastic containers for cold food



#### **True-False**

- 7. Plastic containers for takeaway food are completely safe to use.
- 8. Exposure to plastic has no impact on heart issues according to studies.
- 9. Plastic in the blood of individuals with heart problems has been linked to serious health issues.
- 10. Researchers are unsure about the possibility of adverse effects in humans from plastic in food containers.
- 11. Microwaving plastic containers does not release harmful particles.
- 12. The type of container and the heat of food are not important factors to consider for takeaway orders.

### **Gap-Fill**

Gap-Fill  13. Scientists found that when rate drank water touching heated plastic, their hea		
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bacteria changed first. After three months, the rats that had this water showed _		
problems.		
14. Researchers warn against using plastic containers for	food.	
15. Older adults who had more exposure to plastic reported more	issues.	
16. Studies have found plastic in the blood of people with	problems.	
17. Next time you order takeaway, think about the type of container and the		of
your food.		
18. Plastic containers can break down and release tiny plastic pieces when they a	are	



## **Answer**

Multiple Choice: 1. Increased risk of heart problems 2. China 3. Gut bacteria changed 4. Heart problems

5. It releases harmful particles 6. Avoid using plastic containers for hot food

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

Gap-Fill: 13. heart 14. hot 17. heat 18. heated

## Vocabulary quizzes

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

1. What are known to be the most resilient animals on Earth?

Option: Tardigrades Option: Radiation Option: DNA

Option: Hormones

2. What drives animals to perform certain behaviors without prior experience?

Option: Behavior Option: Automatic Option: Instinct Option: Responsive

3. What can lead to harmful effects when one is in contact with chemicals or radiation?

Option: Exposure Option: Preference Option: Leak Option: Tumor

4. Which field of physics deals with the behavior of subatomic particles?

Option: Mechanics Option: Quantum Option: Chemicals Option: Research

5. What state is characterized by illness or poor health?



Option: Response
Option: Recovery
Option: Oxygen
Option: Sick

6. Which term describes items designed to be thrown away after use?

Option: Hormones Option: Disposable Option: Microwaving

Option: DNA

7. What system regulates oxygen levels in tissues to maintain homeostasis?

Option: Tumor

Option: HypoxyStat Option: Chemicals Option: Messenger

8. What activity involves the systematic investigation to discover new knowledge? NEWS.CC

**Option: Tissues** Option: Research Option: Expand Option: Messenger

9. What do certain mechanisms in the body do to ensure the safety of cells?

Option: Protect Option: Expand Option: Container Option: Chemicals

10. What term describes the ability to react quickly and positively to something?

Option: Sick

Option: Responsive Option: Recovery Option: Radiation

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

11. The process of breathing is	mostly controlled by the	nervous system.
12. A	is an abnormal growth of cells that serves no purp	ose.



13. Humans need	to survive as it is vital for cellular respiration.		
14. The study of how	react with each other is important in chemistry.		
15. Hormones act as	molecules in the body to signal various responses.		
16. Cells in size as they absorb nutrients and grow.			
17. The cell membrane acts as a	holding the cell together and keeping its		
contents within.			
18. A in the block	od-brain barrier can have serious consequences.		
19. Animals may show a	for certain food types over others.		
20. Excessive sun exposure can be	to the skin.		
Matching Sentences ( Match each definition to the correct word from the vocabulary list. )			
21. Genetic information is stored in molecules within the cell.			
22. The way an individual acts or conducts oneself is termed .			
23. Activities controlled by the brain without awareness are considered .			
24. The group of scientists conducting a study are called .			
25. When an individual is unwell or diseased they are said to be .			
26. The period of returning to a normal state of health after an illness is known as .			
27. The process of cooking or heating food rapidly using a microwave oven is called .			
28. Being reactive or quick to respond describes a individual.			
29. Substances with a specific chemical composition are termed .			
30. Having a greater liking for one thing over another is known as a .			



## **Answer**

**Multiple Choice:** 1. Tardigrades 2. Instinct 3. Exposure 4. Quantum 5. Sick 6. Disposable 7. HypoxyStat 8. Research 9. Protect 10. Responsive

**Gap-Fill:** 11. Automatic 12. Tumor 13. Oxygen 14. Chemicals 15. Messenger 16. Expand 17. Container 18. Leak 19. Preference 20. Harmful

**Matching sentence:** 1. DNA 2. Behavior 3. Unconscious 4. Researchers 5. Sick 6. Recovery 7. Microwaving 8. Responsive 9. Chemicals 10. Preference

### **CATEGORY**

1. Health - LEVEL1

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