



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'pəʊ.zə.bəl/ (adjective): Designed for use once and then thrown away.
2. **Leak** /li:k/ (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** /ɪk'spəʊ.ʒər/ (noun): The state of being exposed to contact with something.
5. **Microwaving** /'maɪ.kroʊ.weɪv.ɪŋ/ (verb): The process of cooking or heating food using a microwave.
6. **Chemicals** /'kɛm.i.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

13. Scientists found that when rats drank water touching heated plastic, their bodies changed, and their gut 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 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?

- 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 purpose.



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 blood-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

Date Created

2025/02/20

Author

aimeeyoung99

ESL-NEWS.COM