



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.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

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

CATEGORY

1. Health - LEVEL1

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