

Seafood could have higher levels of 'forever chemicals'

18th April 2024



A new study has suggested that higher levels of "forever chemicals" may exist in seafood. Forever chemicals are man-made toxins that do not break down. They can stay in human blood and lead to a variety of health issues. These include cancer, kidney and liver problems, hormonal changes, and damage to the development of babies in the womb. Researchers from Dartmouth College in the USA said there should be safety guidelines for forever chemicals in seafood. They say that the level of these toxins is highest in marine creatures like shrimp, prawns and lobster. This could mean people who love sushi, sashimi and prawn cocktails may have to rethink their diet and eat a little less seafood.

Forever chemicals were developed in the 1930s. Since the 1950s, they have been used to make many products. They are commonly found in food packaging. Most of our food wrappers, take out containers, pizza boxes and other food holders contain the chemicals. Over the decades, these chemicals have entered our food chain. Researchers said they were in higher levels in seafood. Professor Megan Romano said she wanted people to continue to enjoy seafood, but to be aware of the risks. She said: "Our recommendation isn't to not eat seafood. Seafood is a great source of lean protein and omega fatty acids." She added it was important for people to understand more about what is in the food we eat.

Sources: scitechdaily.com / newsweek.com / springer.com

Writing

We worry too much about what is in our food. Discuss.

Chat

Talk about these words from the article.

study / forever / chemicals / toxins / kidney / liver / babies / womb / sushi / prawns / the 1950s / packaging / wrapper / pizza boxes / seafood / risks / protein / acids

True / False

- 1) Forever chemicals are created naturally in nature. T / F
- 2) Forever chemicals can be harmful to babies in the womb. T / F
- 3) Dartmouth College has created a list of guidelines for eating seafood. T / F
- 4) People must decide whether to choose sushi or sashimi. T / F
- 5) Forever chemicals were first developed in the 1950s. T / F
- 6) The article says there are many forever chemicals in pizza. T / F
- 7) Our food chain now contains forever chemicals. T / F
- 8) Seafood is a great way of getting protein from non-fatty sources. T / F

Synonym Match

(The words in **bold** are from the news article.)

- | | |
|----------------------|--------------------|
| 1. study | a. passed into |
| 2. variety | b. poisons |
| 3. guidelines | c. meals |
| 4. toxins | d. created |
| 5. diet | e. often |
| 6. developed | f. diversity |
| 7. commonly | g. non-fatty |
| 8. entered | h. report |
| 9. lean | i. consume |
| 10. eat | j. recommendations |

Discussion – Student A

- a) What do you think of seafood?
- b) What's the best kind of seafood?
- c) Do you worry about what you eat?
- d) What do you know about 'forever chemicals'?
- e) Is the food we eat becoming safer or more dangerous?
- f) Should food have more safety guidelines?
- g) Do you need to rethink your diet?
- h) Do we worry too much about what is in the food we eat?

Phrase Match

- | | |
|-------------------------------------|--------------------------|
| 1. man-made toxins that do not | a. of lean protein |
| 2. These include cancer, kidney and | b. a little less seafood |
| 3. the development of babies | c. in the 1930s |
| 4. people who love sushi, sashimi | d. in the womb |
| 5. rethink their diet and eat | e. the food we eat |
| 6. Forever chemicals were developed | f. and prawn cocktails |
| 7. food | g. food chain |
| 8. these chemicals have entered our | h. break down |
| 9. Seafood is a great source | i. wrappers |
| 10. more about what is in | j. liver problems |

Discussion – Student B

- What do you think about what you read?
- How healthy do you think seafood is?
- How much do you worry about forever chemicals?
- What do you think of food packaging?
- Should we be using plastic for food packaging?
- Where do you get your protein from?
- Which is better – sushi or sashimi?
- What questions would you like to ask the researchers?

Spelling

- forever chemicals may xetis in seafood
- ydknej and liver problems
- babies in the owmb
- there should be safety eliegidusn
- earimn creatures like shrimp, prawns ...
- rethink their eidt
- chemicals were oleeddvep in the 1930s
- commonly found in food aipkggcan
- Over the dedaecs
- be aware of the kriss
- Seafood is a great usocer
- lean rtipnoe

Answers – Synonym Match

1. h	2. f	3. j	4. b	5. c
6. d	7. e	8. a	9. g	10. i

Role Play

Role A – Seafood

You think seafood is the best food. Tell the others three reasons why. Tell them what is wrong with their food. Also, tell the others which is the least necessary of these (and why): meat, nuts or fruit.

Role B – Meat

You think meat is the best food. Tell the others three reasons why. Tell them what is wrong with their food. Also, tell the others which is the least necessary of these (and why): fruit, nuts or seafood.

Role C – Nuts

You think nuts are the best food. Tell the others three reasons why. Tell them what is wrong with their food. Also, tell the others which is the least necessary of these (and why): meat, fruit or seafood.

Role D – Fruit

You think fruit is the best food. Tell the others three reasons why. Tell them what is wrong with their food. Also, tell the others which is the least necessary of these (and why): meat, nuts or seafood.

Speaking – Food

Rank these with your partner. Put the best food at the top. Change partners often and share your rankings.

- | | |
|-----------|--------------|
| • Seafood | • Fast food |
| • Meat | • Fruit |
| • Dairy | • Vegetables |
| • Nuts | • Bread |

Answers – True False

1	F	2	T	3	F	4	F	5	F	6	F	7	T	8	T
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Answers to Phrase Match and Spelling are in the text.