



# How Microplastics Affect Your Body

Exploring the hidden impact of plastic particles on human health.

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

**INSTRUCTIONS**

## Understanding Our Plastic Footprint

Microplastics are tiny fragments of plastic, less than 5mm in length, that have infiltrated our environment and our bodies. In this lesson, we will examine how these particles enter our systems and what the latest science tells us about their long-term health effects. Watch the provided video clip carefully to complete the following exercises.



## Key Vocabulary & Definitions

Match the term with its correct definition or context.

Term	Part of Speech	Contextual Meaning
Ingestion	Noun	_____ _____ _____
Bioaccumulation	Noun	_____ _____ _____
Synthetic	Adjective	_____ _____ _____
Endocrine	Adjective	_____ _____ _____

 **The Journey of Microplastics**

Fill in the blanks with the correct word from the bank below.

ingestion

oxidative

endocrine

minimizing

Microplastics are now found in the most remote corners of the planet. They enter the human body primarily through the \_\_\_\_\_ of contaminated water and food. Once inside, these particles can cross biological barriers, potentially causing \_\_\_\_\_ stress or inflammation. Scientists are particularly concerned about how these plastics interact with the human \_\_\_\_\_ system, which regulates our hormones. While research is ongoing, reducing our reliance on single-use plastics is a crucial step toward \_\_\_\_\_ our exposure.

---

---

---

---

 **Quick Review: Facts & Figures**

Answer the following questions based on the video content.

**What is the size threshold for a particle to be considered a microplastic?**

---

---

---

**Name one common source of microplastics in our daily lives.**

---

---

---

**Why are microplastics difficult for the body to eliminate?**

---

---

---

**What is one simple lifestyle change to reduce plastic intake?**

---

---

---

**✓ True or False: Health Impacts**

Determine if the following statements are true or false based on current scientific understanding.

1 Microplastics have only been found in the ocean, not in human blood.

 T F

2 Some plastics contain additives that can disrupt hormonal functions.

 T F

3 Filtering tap water can significantly reduce the number of microplastics consumed.

 T F

4 Scientists have definitively proven that microplastics cause cancer in all humans.

 T F