

HOW PLASTIC GETS IN YOUR BODY



It's not something you'll see on menus or ingredient lists, yet scientists think we're consuming up to a credit card's worth of plastic every week!

How is that possible? It's all down to microplastics. These are tiny, often microscopic pieces of plastic that get into our bodies through the food we eat, the water we drink, and the air we breathe. Once they are there, we can't easily get rid of them and they can impact our health in both chemical and physical ways.



Find out the surprising sources of microplastics, and why it's so important for us to stop them being produced, at the links below. You can also try the activities and quiz to strengthen your knowledge.

Being more aware of the problems with plastic will help us to take action to protect our health.



Read

[PART THREE BLOG](#)



Watch

[PART THREE PLAYLIST](#)



Do

Microplastics expose us to toxic chemicals. One way you can limit this exposure is by checking if the cosmetic products you use contain microplastics [here](#).

Can you think of any other ways to reduce your exposure?



Reflect

Do you think companies are right to put synthetic chemicals in products if we don't yet know their effects?

💡 Consider whether the benefits outweigh the risks. What if the potential damage is irreversible?

>> [Comment here.](#)



[TAKE THE QUIZ!](#)