

Under the MICROSCOPE

Despite their differences, all plastics have one thing in common – they are all human-made materials, created from lots and lots of chemicals. You may have seen a big label on plastic or reusable bottles in the supermarket saying “**BPA Free!**”. That’s because BPA – one of the chemicals used to make hard plastics, like water bottles and food containers – is thought to be really bad for our health. Many experts say that BPA can interfere with hormones in our body, which are responsible for really important jobs like growing our cells. BPA has also been linked to health problems like heart disease or diabetes – when your body struggles to manage the amount of sugar in your blood.



**I CERTAINLY DON'T WANT TO
BE DRINKING THAT!**

BPA has, thankfully, had its use restricted in items for babies and young children in places including the EU, China, and Malaysia. However, many other chemicals in plastic can also be really bad for us if large amounts get in our bodies – and we may be drinking them without even knowing it!

Have you ever left your plastic bottle in the car for a while when it’s hot? And it tastes really weird and disgusting? Well, what you’re tasting are chemicals from the bottle that have leached into the liquid itself. To make it worse, scientists don’t know what effect all these toxins will have on us in the long run. **EEEEK!**

But, don't stress too much! These chemicals only become a big problem if we leave water in our bottles for a long time. Just make sure that if you're refilling a bottle, use a reusable one instead of a plastic bottle designed for one use!

