

Eating late at night might be making us sick

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Many of us know that eating late is bad. A new study says that eating late at night could make us sick. Researchers say that eating a few hours before bed means there is a higher risk of obesity. The researchers are from Brigham and Women's

Hospital, which is a teaching university linked to Harvard Medical School in the USA. The research team looked into why eating late increased the risk of gaining weight. It found that eating late increases hunger by as much as two times, so we eat more. When we eat earlier, we are less hungry, so we eat less food. Later eaters also eat unhealthier food, especially fast food. Finally, late eaters move around less before sleeping. This means they do not burn off calories.

The study was a small scale one. The researchers looked at the eating habits of five women and 11 men between the ages of 25 and 59. All of the participants had a high body mass index (BMI). They were all in the overweight or obesity BMI range. All of the people were in good health. They ate breakfast regularly and exercised a little. For two weeks before each test, the participants did not drink coffee or alcohol. They also did not smoke or take any medicine or drugs. They all had to keep a sleep diary so researchers knew their sleeping and waking times. Researcher Professor Kelly C. Allison said: "I think what the study is telling us is that it probably really is beneficial to stop eating late into the night."

Sources: medicalnewstoday.com / salon.com / sciencealert.com

Writing

No one should eat after 8 pm. Discuss.

Chat

Talk about these words from the article.

eating / late night / bed / risk / obesity / gaining weight / hunger / fast food / calories study / researchers / habits / BMI / breakfast / test / alcohol / coffee / sleep / diary

True / False

- 1) The article says we all know that eating late at night is bad for us. T / F
- 2) Eating before bedtime could increase the risk of obesity. T / F
- 3) We are three times hungrier late at night. T / F
- 4) People who eat late at night move around less. T / F
- 5) Researchers did tests on 60 people aged between 25 and 59. T / F
- 6) All of the people in the research were average weight or slim. T / F
- 7) Some of the participants smoked and drank alcohol. T / F
- 8) A professor advised people to think about not eating late at night. T / F

Synonym Match

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

- | | |
|-----------------------|-----------------|
| 1. sick | a. routines |
| 2. risk | b. consume |
| 3. linked | c. putting on |
| 4. gaining | d. likely |
| 5. especially | e. chance |
| 6. habits | f. useful |
| 7. drink | g. particularly |
| 8. diary | h. ill |
| 9. probably | i. journal |
| 10. beneficial | j. connected |

Discussion – Student A

- a) What do you think of eating late at night?
- b) What is the best time to have dinner?
- c) Are your meal times always regular?
- d) What's the healthiest thing to eat at night?
- e) What's wrong with eating before sleeping?
- f) How can people stop becoming obese?
- g) What do you think of fast food?
- h) Why do people eat late at night?

Phrase Match

1. there is a higher
 2. eating late increased the risk
 3. increases hunger by as much as
 4. When we eat earlier,
 5. This means they do not burn
 6. The study was a small
 7. researchers looked at the eating
 8. a high body mass
 9. the participants did not
 10. it probably really is beneficial
- a. two times
 - b. index
 - c. off calories
 - d. habits of five women
 - e. scale one
 - f. drink coffee
 - g. risk of obesity
 - h. to stop
 - i. of gaining weight
 - j. we are less hungry

Discussion – Student B

- a) What do you think about what you read?
- b) What do you know about the BMI?
- c) Do you ever have problems with your weight?
- d) Do you have good sleeping habits?
- e) What advice do you have for people who eat late?
- f) What do you think of never eating after 6 pm?
- g) Do you have a favourite late-night snack?
- h) What questions would you like to ask the researchers?

Spelling

1. a higher risk of obesity
2. eating late increased the risk
3. gaining weight
4. we are less hungry
5. eat unhealthier food
6. they do not burn off calories
7. The study was a small scale one
8. All of the participants
9. a high body mass index
10. They ate breakfast regularly
11. medicine or drugs
12. beneficial to stop eating late

Answers – Synonym Match

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

Role Play

Role A – Chocolate

You think chocolate is the worst food. Tell the others three reasons why. Tell them what is wrong with their food. Also, tell the others which is the least bad of these (and why): French fries, doughnuts or potato chips.

Role B – French Fries

You think French fries are the worst food. Tell the others three reasons why. Tell them what is wrong with their food. Also, tell the others which is the least bad of these (and why): chocolate, doughnuts or potato chips.

Role C – Doughnuts (Donuts)

You think doughnuts are the worst food. Tell the others three reasons why. Tell them what is wrong with their food. Also, tell the others which is the least bad of these (and why): French fries, chocolate or potato chips.

Role D – Potato Chips (Crisps)

You think potato chips are the worst food. Tell the others three reasons why. Tell them what is wrong with their food. Also, tell the others which is the least bad of these (and why): French fries, doughnuts or chocolate.

Speaking – Food

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

- Chocolate
- Burgers
- French fries
- Pizza
- Cream cake
- Doughnuts
- Potato chips
- Hot dogs

Answers – True False

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