

www.**Breaking News English**.com

Ready-to-Use English Lessons by Sean Banville

**"1,000 IDEAS & ACTIVITIES
FOR LANGUAGE TEACHERS"**

www.breakingnewsenglish.com/book.html

**Thousands more free lessons
from Sean's other websites**

www.freematerials.com/sean_banville_lessons.html

Level 4

Night work could damage your health

23rd January, 2014

<http://www.breakingnewsenglish.com/1401/140123-night-work-4.html>

Contents

The Reading	2
Matching	3
Listening Gap Fill	4
Survey	5
Discussion	6
Writing	7

Please try the harder Level 5 and the 26-page Level 6 (harder).

Twitter



twitter.com/SeanBanville

Facebook



www.facebook.com/pages/BreakingNewsEnglish/155625444452176

Google +



<https://plus.google.com/+SeanBanville>

THE READING

From <http://www.breakingnewsenglish.com/1401/140123-night-work-4.html>

New research says night shifts can damage one's health. It can lead to cancer, diabetes, mental illnesses, and heart diseases. The UK's Sleep Research Centre found that genes in the body needed to sleep regularly and at night. If this doesn't happen, up to 1,500 genes could get damaged. This could be life-threatening. A professor said the study was important because we need to understand more about these rhythms.

Our body has around 24,000 genes. Many switch off if the body does not sleep properly. This weakens the immune system, so we get ill more often. A doctor said over 97 per cent of genes become "out-of-sync with mistimed sleep". This is why jet lag and working at nights make us feel bad. It is difficult for people to change their lifestyles. Society needs people to work night shifts. We need to understand the dangers of night shifts and reduce the bad effects.

Sources: <http://www.dailymail.co.uk/health/article-2542780/Working-shifts-damage-1-500-genes-New-finding-explain-shift-work-associated-health-problems.html>
<http://www.telegraph.co.uk/science/science-news/10584723/Why-night-shift-and-jet-lag-make-you-feel-so-bad.html>

MATCHING

From <http://www.breakingnewsenglish.com/1401/140123-night-work-4.html>

PARAGRAPH ONE:

- | | |
|-------------------------------------|------------------------|
| 1. night shifts can | a. threatening |
| 2. It can lead | b. illnesses |
| 3. mental | c. damage one's health |
| 4. sleep | d. these rhythms |
| 5. This could be life- | e. to cancer |
| 6. we need to understand more about | f. regularly |

PARAGRAPH TWO:

- | | |
|--------------------------------------|--------------------|
| 1. Our body has around | a. system |
| 2. This weakens the immune | b. of night shifts |
| 3. become out-of-sync with mistimed | c. bad effects |
| 4. jet | d. sleep |
| 5. We need to understand the dangers | e. 24,000 genes |
| 6. reduce the | f. lag |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1401/140123-night-work-4.html>

New research (1) _____ damage one's health. It can lead to cancer, diabetes, (2) _____, and heart diseases. The UK's Sleep Research Centre found that (3) _____ body needed to sleep (4) _____ night. If this doesn't happen, up to 1,500 genes could get damaged. This could be (5) _____. A professor said the study was important because we need to understand more (6) _____.

Our body has around 24,000 genes. Many (7) _____ body does not sleep properly. This weakens (8) _____, so we get ill more often. A doctor said over 97 per cent (9) _____-of-sync with mistimed sleep". This (10) _____ working at nights make us feel bad. It is difficult for people to (11) _____. Society needs people to work night shifts. We need to understand the dangers of night shifts and (12) _____.

NIGHT WORK SURVEY

From <http://www.breakingnewsenglish.com/1401/140123-night-work-4.html>

Write five GOOD questions about working at night in the table. Do this in pairs. Each student must write the questions on his / her own paper. When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a)

b)

c)

d)

e)

f)

g)

h)

Night work could damage your health – 23rd January, 2014
More free lessons at www.BreakingNewsEnglish.com

WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a)

b)

c)

d)

e)

f)

g)

h)

