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Level 3

Calls for Daylight Saving Time to be scrapped

7th November, 2016

<http://www.breakingnewsenglish.com/1611/161107-daylight-saving-time.html>

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Please try Levels 0, 1 and 2 (they are easier).

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THE ARTICLE

From <http://www.BreakingNewsEnglish.com/1611/161107-daylight-saving-time.html>

There are calls to end the semi-annual practice of putting our clocks backwards and forwards an hour. It is done by forwarding clocks by one hour in the spring so that evening daylight lasts an hour longer and then putting them back in the autumn. This is done in many parts of the world and is called Daylight Saving Time (DST). Scientists are questioning the value of tinkering with time. They say changing the clocks could actually be harmful to our health and increase energy costs. The states of California and Massachusetts in the USA are considering unilaterally abandoning DST. Lawmakers there feel it has no relevance today when we have electric lights and people work around the clock.

Those in support of DST argue that it saves energy because lights are turned on later. They argue it promotes outdoor leisure activities in the summer evening, and is therefore good for physical and psychological health. They also say it reduces traffic accidents and crime. People who tend to support DST are city workers, retail businesses, outdoor sports enthusiasts and businesses, tour operators, and others who benefit from increased light during the evening in summer. Opponents say it increases energy costs and causes health risks. The incidence of heart attacks and strokes can increase due to changes in the circadian cycle (our body clock). With less rest, people make more mistakes, so accidents increase.

Sources: <http://europe.newsweek.com/few-benefits-daylight-saving-time-scrap-it-516694>
<http://www.gjsentinel.com/lifestyle/articles/daylight-saving-a-dim-idea-whose-time-should-end>
https://en.wikipedia.org/wiki/Daylight_saving_time

WARM-UPS

1. SAVING TIME: Students walk around the class and talk to other students about saving time. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

practice / backwards / forwards / daylight / value / time / harmful / energy / electric / argue / physical / traffic accidents / crime / evening / heart attacks / mistakes / rest

Have a chat about the topics you liked. Change topics and partners frequently.

3. 24 HOURS: Students A **strongly** believe there are enough hours in the day; Students B **strongly** believe there aren't. Change partners again and talk about your conversations.

4. TIME: What are the best things to do at these times? Complete this table with your partner(s). Change partners often and share what you wrote.

	Best things	Why?
3am		
7am		
11am		
3pm		
8pm		
midnight		

5. CLOCK: Spend one minute writing down all of the different words you associate with the word "clock". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

6. MORE TIME: Rank these with your partner. Put the people who most need more time at the top. Change partners often and share your rankings.

- students
- home-makers
- business people
- world leaders
- children
- old people
- sports stars
- charity workers

BEFORE READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1611/161107-daylight-saving-time.html>

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

- a. With Daylight Saving Time (DST), clocks change twice a year. **T / F**
- b. Clocks go forward in the autumn and back in the spring. **T / F**
- c. Scientists say Daylight Saving Time can damage people's health. **T / F**
- d. All states in the USA are happy with Daylight Saving Time. **T / F**
- e. People say Daylight Saving Time saves energy. **T / F**
- f. People say DST increases the number of traffic accidents. **T / F**
- g. DST reduces the number of people who have heart attacks. **T / F**
- h. DST leads to people making more mistakes. **T / F**

2. SYNONYM MATCH:

Match the following synonyms. The words in **bold** are from the news article.

- | | |
|-----------------------|-------------------|
| 1. practice | a. damaging |
| 2. forwarding | b. free time |
| 3. value | c. claim |
| 4. harmful | d. advancing |
| 5. considering | e. cuts |
| 6. argue | f. usefulness |
| 7. leisure | g. creates |
| 8. reduces | h. custom |
| 9. causes | i. errors |
| 10. mistakes | j. thinking about |

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

- | | |
|--|--------------------------|
| 1. forwarding | a. health |
| 2. evening daylight lasts | b. harmful to our health |
| 3. changing the clocks could actually be | c. clock |
| 4. Lawmakers there feel it has no | d. activities |
| 5. people work | e. an hour longer |
| 6. lights are turned | f. relevance today |
| 7. leisure | g. and strokes |
| 8. physical and psychological | h. clocks by one hour |
| 9. The incidence of heart attacks | i. around the clock |
| 10. our body | j. on later |

GAP FILL

From <http://www.BreakingNewsEnglish.com/1611/161107-daylight-saving-time.html>

There are calls to end the semi-annual (1) _____ of putting our clocks backwards and forwards an hour. It is done by forwarding clocks by one hour in the spring so that (2) _____ daylight lasts an hour longer and then putting them (3) _____ in the autumn. This is (4) _____ in many parts of the world and is called Daylight Saving Time (DST). Scientists are questioning the (5) _____ of tinkering with time. They say changing the clocks could actually be harmful to our health and increase energy (6) _____. The states of California and Massachusetts in the USA are considering unilaterally abandoning DST. Lawmakers there (7) _____ it has no relevance today when we have electric lights and people work around the (8) _____.

back
value
feel
practice
evening
clock
done
costs

Those in (9) _____ of DST argue that it saves energy because lights are turned on later. They argue it (10) _____ outdoor leisure activities in the summer evening, and is therefore good for physical and psychological (11) _____. They also say it reduces traffic accidents and (12) _____. People who tend to support DST are city workers, retail businesses, outdoor sports enthusiasts and businesses, tour operators, and others who (13) _____ from increased light during the evening in summer. Opponents say it increases energy costs and (14) _____ health risks. The incidence of heart (15) _____ and strokes can increase due to changes in the circadian cycle (our body clock). With less rest, people make more (16) _____, so accidents increase.

crime
promotes
health
attacks
mistakes
benefit
support
causes

LISTENING – Guess the answers. Listen to check.

From <http://www.BreakingNewsEnglish.com/1611/161107-daylight-saving-time.html>

- 1) There are calls to end the semi-annual practice of putting _____
 - a. our clocks back words
 - b. our clocks buck words
 - c. our clocks black wards
 - d. our clocks backwards
- 2) Scientists are questioning the value of _____
 - a. stinking with time
 - b. tinkering with time
 - c. tingling with time
 - d. ticking with time
- 3) They say changing the clocks could actually be harmful _____
 - a. to our health
 - b. to our healthiest
 - c. to our healthy
 - d. to our healthier
- 4) California and Massachusetts in the USA are considering unilaterally _____
 - a. abandon in DST
 - b. abandon inn DST
 - c. abandoning DST
 - d. disbanding DST
- 5) no relevance today when we have electric lights and people work _____
 - a. around a clock
 - b. around the clocks
 - c. around the chock
 - d. around the clog
- 6) Those in support of DST argue that it saves energy because lights are _____
 - a. turned in later
 - b. turned on later
 - c. turned an later
 - d. turned and later
- 7) People who tend to support DST are city workers, retail businesses, outdoor _____
 - a. sports enthusiasm
 - b. sports enthusiastic
 - c. sports enthusiastically
 - d. sports enthusiasts
- 8) tour operators, and others who benefit from increased light _____
 - a. jury the evening
 - b. joining the evening
 - c. dew ring the evening
 - d. during the evening
- 9) heart attacks and strokes can increase due to changes in the circadian cycle (_____)
 - a. our bodily clock
 - b. our body clock
 - c. our embody clock
 - d. our bodice clock
- 10) With less rest, people make more mistakes, _____
 - a. so accidents sink crease
 - b. so accident ink creases
 - c. so accident sing keys
 - d. so accidents increase

LISTENING – Listen and fill in the gaps

From <http://www.BreakingNewsEnglish.com/1611/161107-daylight-saving-time.html>

There (1) _____ the semi-annual practice of putting our clocks backwards and forwards an hour. It is done by forwarding clocks by one hour (2) _____ that evening daylight lasts an hour longer and then putting them back in the autumn. (3) _____ many parts of the world and is called Daylight Saving Time (DST). Scientists are questioning the value of tinkering with time. They say changing the clocks (4) _____ harmful to our health and increase energy costs. The states of California and Massachusetts (5) _____ considering unilaterally abandoning DST. Lawmakers there feel it has no relevance today when we have electric lights and people work (6) _____.

Those in support of DST (7) _____ saves energy because lights are turned on later. They (8) _____ outdoor leisure activities in the summer evening, and is therefore good for physical and psychological health. They (9) _____ reduces traffic accidents and crime. People who tend to support DST are city workers, retail businesses, outdoor sports enthusiasts and businesses, tour operators, and (10) _____ from increased light during the evening in summer. Opponents say it increases energy costs (11) _____ risks. The incidence of heart attacks and strokes can increase due to changes in the circadian cycle (our body clock). (12) _____, people make more mistakes, so accidents increase.

COMPREHENSION QUESTIONS

From <http://www.BreakingNewsEnglish.com/1611/161107-daylight-saving-time.html>

1. When do clocks go forward with Daylight Saving Time?
2. Who is questioning the value of Daylight Saving Time?
3. What could changing the clocks be harmful to?
4. What are California and Massachusetts thinking of doing?
5. When do people work nowadays?
6. What happens to lights during Daylight Saving Time?
7. What do supporters say DST reduces, besides traffic accidents?
8. What kind of workers are mentioned in the article?
9. What is another way of saying 'circadian cycle'?
10. What do people get less of during Daylight Saving Time?

MULTIPLE CHOICE - QUIZ

From <http://www.BreakingNewsEnglish.com/1611/161107-daylight-saving-time.html>

- 1) When do clocks go forward with Daylight Saving Time?
 - a) in the spring
 - b) after lunch
 - c) the first Monday of April
 - d) the first full moon of April
- 2) Who is questioning the value of Daylight Saving Time?
 - a) the boss of Rolex
 - b) school students
 - c) scientists
 - d) doctors
- 3) What could changing the clocks be harmful to?
 - a) daylight
 - b) our health
 - c) the profits of Rolex
 - d) California
- 4) What are California and Massachusetts thinking of doing?
 - a) letting people choose
 - b) joining DST
 - c) adding 2 hours
 - d) abandoning DST
- 5) When do people work nowadays?
 - a) around the clock
 - b) 9 to 5
 - c) when they want
 - d) after breakfast
- 6) What happens to lights during Daylight Saving Time?
 - a) they become brighter
 - b) they are dimmed
 - c) they go dark
 - d) they get turned on later
- 7) What do supporters say DST reduces, besides traffic accidents?
 - a) light
 - b) crime
 - c) profit
 - d) stress
- 8) What kind of workers are mentioned in the article?
 - a) light makers
 - b) clock makers
 - c) farmers
 - d) city workers
- 9) What is another way of saying 'circadian cycle'?
 - a) racing bike
 - b) 24 hours
 - c) body clock
 - d) stopwatch
- 10) What do people get less of during Daylight Saving Time?
 - a) money
 - b) rest
 - c) stress
 - d) leisure time

ROLE PLAY

From <http://www.BreakingNewsEnglish.com/1611/161107-daylight-saving-time.html>

Role A – Students

You think students are the people who most need more time. Tell the others three reasons why. Tell them why their people have enough time. Also, tell the others which people the least time (and why): housewives / househusbands, business people or charity workers.

Role B – Housewives / Househusbands

You think housewives / househusbands are the people who most need more time. Tell the others three reasons why. Tell them why their people have enough time. Also, tell the others which people the least time (and why): students, business people or charity workers.

Role C – Business People

You think business people are the people who most need more time. Tell the others three reasons why. Tell them why their people have enough time. Also, tell the others which people the least time (and why): housewives / househusbands, students or charity workers.

Role D – Charity Workers

You think charity workers are the people who most need more time. Tell the others three reasons why. Tell them why their people have enough time. Also, tell the others which people the least time (and why): housewives / househusbands, business people or students.

AFTER READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1611/161107-daylight-saving-time.html>

1. WORD SEARCH: Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'body' and 'clock'.

body	clock
-------------	--------------

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none">• calls• longer• parts• value• harmful• around	<ul style="list-style-type: none">• later• physical• crime• tour• heart• rest
---	--

SAVING TIME SURVEY

From <http://www.BreakingNewsEnglish.com/1611/161107-daylight-saving-time.html>

Write five GOOD questions about saving time 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.

SAVING TIME DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What springs to mind when you hear the word 'time'?
3. What would you do with one hour of extra time?
4. What do you think about what you read?
5. How important is time?
6. What do you do when the evenings are lighter?
7. How do dark mornings and evenings make you feel?
8. What's the best time of the day for you?
9. Why might moving the clocks forward by an hour damage our health?
10. Why does daylight make us feel better?

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SAVING TIME DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. Do you think Daylight Saving Time is a good or bad idea?
13. Why do you think city workers support DST?
14. Who do you think the opponents of DST are?
15. How would you describe your body clock?
16. Why do you think DST could increase heart attacks?
17. Are you a night person or a day person?
18. How much sleep do you need?
19. Do you make more mistakes when you don't rest enough?
20. What questions would you like to ask the scientists?

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

LANGUAGE - CLOZE

From <http://www.BreakingNewsEnglish.com/1611/161107-daylight-saving-time.html>

There are calls to (1) _____ the semi-annual practice of putting our clocks backwards and forwards an hour. It is (2) _____ by forwarding clocks by one hour in the spring so that evening daylight (3) _____ an hour longer and then putting them back in the autumn. This is done in many parts of the world and is called Daylight Saving Time (DST). Scientists are questioning the value (4) _____ tinkering with time. They say changing the clocks could actually be harmful to our health and increase energy costs. The states of California and Massachusetts in the USA are (5) _____ unilaterally abandoning DST. Lawmakers there feel it has no relevance today when we have electric lights and people work (6) _____ the clock.

Those in support of DST argue that it saves energy because lights are turned (7) _____ later. They argue it promotes outdoor leisure activities in the summer evening, and is therefore good for physical and psychological (8) _____. They also say it reduces traffic accidents and crime. People who tend (9) _____ support DST are city workers, retail businesses, outdoor sports enthusiasts and businesses, tour operators, and others who benefit from increased light (10) _____ the evening in summer. Opponents say it increases energy costs and causes health risks. The incidence of heart attacks and strokes can increase (11) _____ to changes in the circadian cycle (our body clock). With (12) _____ rest, people make more mistakes, so accidents increase.

Put the correct words from the table below in the above article.

- | | | | | |
|-----|-----------------|-----------------|----------------|---------------|
| 1. | (a) mend | (b) send | (c) end | (d) tend |
| 2. | (a) done | (b) doing | (c) does | (d) do |
| 3. | (a) lasts | (b) finishes | (c) comes | (d) times |
| 4. | (a) of | (b) at | (c) as | (d) if |
| 5. | (a) considerate | (b) considering | (c) considered | (d) considers |
| 6. | (a) in | (b) over | (c) up | (d) around |
| 7. | (a) over | (b) up | (c) on | (d) off |
| 8. | (a) dearth | (b) stealth | (c) wealth | (d) health |
| 9. | (a) to | (b) too | (c) two | (d) thru |
| 10. | (a) during | (b) while | (c) between | (d) under |
| 11. | (a) also | (b) due | (c) how | (d) because |
| 12. | (a) small | (b) few | (c) less | (d) just |

SPELLING

From <http://www.BreakingNewsEnglish.com/1611/161107-daylight-saving-time.html>

Paragraph 1

1. semi-nluana
2. ecpcirat of putting our clocks backwards
3. putting them back in the uatunm
4. stntsiseci are questioning the value of...
5. unilaterally inbnnoaagd DST
6. we have creeilct lights

Paragraph 2

7. Those in uprpsot of DST
8. outdoor reuiels activities
9. it reduces traffic tncedasci
10. others who feiebnt from increased light
11. heart saattkc
12. people make more itskmase

PUT THE TEXT BACK TOGETHER

From <http://www.BreakingNewsEnglish.com/1611/161107-daylight-saving-time.html>

Number these lines in the correct order.

- () Those in support of DST argue that it saves energy because lights are turned on later. They argue it promotes outdoor
- () leisure activities in the summer evening, and is therefore good for physical and psychological
- () in the USA are considering unilaterally abandoning DST. Lawmakers there feel it has no
- () health. They also say it reduces traffic accidents and crime. People who tend to support DST are city
- () relevance today when we have electric lights and people work around the clock.
- () forwards an hour. It is done by forwarding clocks by one hour in the spring so that evening daylight lasts an hour
- (**1**) There are calls to end the semi-annual practice of putting our clocks backwards and
- () from increased light during the evening in summer. Opponents say it increases energy
- () costs and causes health risks. The incidence of heart attacks and strokes can increase due
- () longer and then putting them back in the autumn. This is done in many parts of the world and is called
- () workers, retail businesses, outdoor sports enthusiasts and businesses, tour operators, and others who benefit
- () to changes in the circadian cycle (our body clock). With less rest, people make more mistakes, so accidents increase.
- () clocks could actually be harmful to our health and increase energy costs. The states of California and Massachusetts
- () Daylight Saving Time (DST). Scientists are questioning the value of tinkering with time. They say changing the

PUT THE WORDS IN THE RIGHT ORDER

From <http://www.BreakingNewsEnglish.com/1611/161107-daylight-saving-time.html>

1. the our backwards End clocks semi - practice of putting . annual
2. by clocks forwarding by done is It spring the in hour one .
3. of done the in world many This parts is .
4. harmful health clocks be our the actually to Changing could .
5. the have and around We lights work clock electric people .
6. energy support argue saves in DST it Those of that .
7. summer leisure evening activities It in promotes the outdoor .
8. are tend city to workers support People DST who .
9. from evening increased Others light who during benefit the .
10. rest less With mistakes more make , people .

CIRCLE THE CORRECT WORD (20 PAIRS)

From <http://www.BreakingNewsEnglish.com/1611/161107-daylight-saving-time.html>

There are calls to end the semi-annual practice of *put / putting* our clocks backwards and forwards an hour. It is *doing / done* by forwarding clocks by one hour in the spring so that evening daylight *lasts / lasting* an hour longer and then putting them back in the autumn. This is done *in / on* many parts of the world and *is / be* called Daylight Saving Time (DST). Scientists are questioning the *valued / value* of tinkering with time. They say changing the clocks could actually be *harm / harmful* to our health and increase energy *costs / cost*. The states of California and Massachusetts in the USA are considering unilaterally *abandon / abandoning* DST. Lawmakers there feel it has no relevance today when we have electric lights and people work around the *watch / clock*.

Those *in / on* support of DST argue that it saves energy because lights are turned *on / in* later. They argue it *promotes / promotions* outdoor leisure activities in the summer evening, and is therefore *well / good* for physical and psychological health. They also say it reduces traffic accidents and crime. People who *tend / bend* to support DST are city workers, retail businesses, outdoor sports *enthusiasm / enthusiasts* and businesses, tour operators, and others who benefit *from / of* increased light during the evening in summer. Opponents *say / speak* it increases energy costs and causes health risks. The incidence of heart attacks and strokes can increase *due / dew* to changes in the circadian cycle (our body clock). With less rest, people make more mistakes, so *accidents / accident* increase.

Talk about the connection between each pair of words in italics, and why the correct word is correct.

INSERT THE VOWELS (a, e, i, o, u)

From <http://www.BreakingNewsEnglish.com/1611/161107-daylight-saving-time.html>

Th_r_ _r_ c_lls t_ _nd th_ s_m_-_nn_ _l pr_ct_c_ _f
p_tt_ng _r cl_cks b_ckw_rds _nd f_rw_rds _n h__r. _t
_s d_n_ by f_rw_rding cl_cks by _n_ h__r _n th_
spr_ng s_ th_t _v_n_ng d_yl_ght l_sts _n h__r l_ng_r
_nd th_n p_tt_ng th_m b_ck _n th_ _t_mn. Th_s _s
d_n_ _n m_ny p_rts _f th_ w_rld _nd _s c_ll_d D_yl_ght
S_v_ng T_m_ (DST). Sc__nt_sts _r_ q__st__n_ng th_
v_l__ _f t_nk_r_ng w_th t_m_. Th_y s_y ch_ng_ng th_
cl_cks c__ld _ct__lly b_ h_rmf_l t_ __r h__lth _nd
_ncr__s _n_rgy c_sts. Th_ st_t_s _f C_l_f_rn__ _nd
M_ss_ch_s_tts _n th_ _S_ _r_ c_nsd_r_ng
_n_l_t_r_lly _b_nd_n_ng DST. L_wm_k_rs th_r_f__l_t
h_s_n_r_l_v_nc_ t_d_y wh_n w_ h_v_ _l_ctr_c_l_gh_t_s
_nd p__pl_ w_rk_r__nd th_ cl_ck.

Th_s_ _n s_pp_r_t _f DST _rg__ th_t _t_s_v_s _n_rgy
b_c__s_ l_gh_t_s _r_ t_rn_d _n_l_t_r. Th_y _rg__ _t
pr_m_t_s __td__r l__s_r _ct_v_t__s _n th_s mm_r
_v_n_ng, _nd _s th_r_f_r_ g__d_f_r phys_c_l _nd
psych_l_g_c_l h__lth. Th_y _ls_s_y _t_r_d_c_s tr_ff_c
_cc_d_nts _nd cr_m_. P__pl_ wh_ t_nd t_s_pp_r_t DST
r c_ty w_rk_rs, r_t__l b_s_n_ss_s, __td__r sp_rts
_nth_s__sts _nd b_s_n_ss_s, t__r _p_r_t_rs, _nd
_th_rs wh_ b_n_f_t fr_m _ncr__s_d l_gh_t d_r_ng th_
_v_n_ng _n s_mm_r. _pp_n_nts s_y _t _ncr__s_s
_n_rgy c_sts _nd c__s_s h__lth r_sks. Th_ _nc_d_nc_
_f h__rt _tt_cks _nd str_k_s c_n _ncr__s_ d__t
ch_ng_s _n th_ c_rc_d__n cycl_ (_r_b_dy cl_ck). W_th
l_ss_r_st, p__pl_ m_k_ m_r_ m_st_k_s, s_ _cc_d_nts
_ncr__s_.

PUNCTUATE THE TEXT AND ADD CAPITALS

From <http://www.BreakingNewsEnglish.com/1611/161107-daylight-saving-time.html>

there are calls to end the semi-annual practice of putting our clocks backwards and forwards an hour it is done by forwarding clocks by one hour in the spring so that evening daylight lasts an hour longer and then putting them back in the autumn this is done in many parts of the world and is called daylight saving time (dst) scientists are questioning the value of tinkering with time they say changing the clocks could actually be harmful to our health and increase energy costs the states of california and massachusetts in the usa are considering unilaterally abandoning dst lawmakers there feel it has no relevance today when we have electric lights and people work around the clock

those in support of dst argue that it saves energy because lights are turned on later they argue it promotes outdoor leisure activities in the summer evening and is therefore good for physical and psychological health they also say it reduces traffic accidents and crime people who tend to support dst are city workers retail businesses outdoor sports enthusiasts and businesses tour operators and others who benefit from increased light during the evening in summer opponents say it increases energy costs and causes health risks the incidence of heart attacks and strokes can increase due to changes in the circadian cycle (our body clock) with less rest people make more mistakes so accidents increase

PUT A SLASH (/) WHERE THE SPACES ARE

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There are calls to end the semi-annual practice of putting our clocks backwards and forwards an hour. It is done by forwarding clocks by one hour in the spring so that evening daylight lasts an hour longer and then putting them back in the autumn. This is done in many parts of the world and is called Daylight Saving Time (DST). Scientists are questioning the value of tinkering with time. They say changing the clocks could actually be harmful to our health and increase energy costs. The states of California and Massachusetts in the USA are considering unilaterally abandoning DST. Lawmakers there feel it has no relevance today when we have electric lights and people work around the clock. Those in support of DST argue that it saves energy because lights are returned on later. They argue it promotes outdoor leisure activities in the summer evening, and is therefore good for physical and psychological health. They also say it reduces traffic accidents and crime. People who tend to support DST are city workers, retail businesses, outdoor sports enthusiasts and businesses, tour operators, and others who benefit from increased light during the evening in summer. Opponents say it increases energy costs and causes health risks. The incidence of heart attacks and strokes can increase due to changes in the circadian cycle (our body clock). With less rest, people make more mistakes, so accidents increase.

HOMework

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find out more about Daylight Saving Time. Share what you discover with your partner(s) in the next lesson.

3. SAVING TIME: Make a poster about saving time. Show your work to your classmates in the next lesson. Did you all have similar things?

4. MORE HOURS: Write a magazine article about the idea of having more hours in the day. Include imaginary interviews with people who are for and against it.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

5. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

6. LETTER: Write a letter to an expert on saving time. Ask him/her three questions about it. Give him/her three of your ideas on how to save time. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

TRUE / FALSE (p.4)

a T b F c T d F e T f F g F h T

SYNONYM MATCH (p.4)

- | | |
|----------------|-------------------|
| 1. practice | a. custom |
| 2. forwarding | b. advancing |
| 3. value | c. usefulness |
| 4. harmful | d. damaging |
| 5. considering | e. thinking about |
| 6. argue | f. claim |
| 7. leisure | g. free time |
| 8. reduces | h. cuts |
| 9. causes | i. creates |
| 10. mistakes | j. errors |

COMPREHENSION QUESTIONS (p.8)

1. In the spring
2. Scientists
3. Our health
4. Abandoning DST
5. Around the clock
6. They are turned on later
7. Crime
8. City workers
9. Body clock
10. Rest

MULTIPLE CHOICE - QUIZ (p.9)

1. a 2. c 3. b 4. d 5. a 6. d 7. b 8. d 9. c 10. b

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)