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**Level 0 – 21st December 2023**

## **Scientists say early risers have Neanderthal genes**

**FREE online quizzes, mp3 listening and more for this lesson here:**

<https://breakingnewsenglish.com/2312/231221-early-risers-0.html>

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**Please try Levels 1, 2 and 3. They are (a little) harder.**

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# THE READING

From <https://breakingnewsenglish.com/2312/231221-early-risers-0.html>

Early risers wake up because of their body clock.

Researchers said early risers share DNA with Neanderthals – our ancestors from 40,000 years ago. They woke up earlier to gather food as the sun rose. A researcher said a "faster" body clock makes people "more likely to rise early".

The researchers looked at genetic information to find out why some people are early birds and others are night owls.

The Neanderthal DNA may weaken as time passes. Modern life means many of us prefer to sleep in. We are becoming night owls. Nevertheless, it is true that the early bird catches the worm.

Sources: <https://edition.cnn.com/2023/12/14/health/early-risers-neanderthal-dna-scn/index.html>  
<https://gizmodo.com/neanderthal-genes-humans-morning-person-early-riser-1851098940>  
<https://www.boredpanda.com/early-risers-can-have-neanderthals-dna/>

# PHRASE MATCHING

From <https://breakingnewsenglish.com/2312/231221-early-risers-0.html>

## PARAGRAPH ONE:

- |                           |                        |
|---------------------------|------------------------|
| 1. wake up because        | a. early               |
| 2. early risers share DNA | b. 40,000 years ago    |
| 3. our ancestors from     | c. food                |
| 4. They woke              | d. of their body clock |
| 5. gather                 | e. body clock          |
| 6. as the sun             | f. up earlier          |
| 7. a "faster"             | g. rose                |
| 8. more likely to rise    | h. with Neanderthals   |

## PARAGRAPH TWO:

- |                                  |                |
|----------------------------------|----------------|
| 1. genetic                       | a. is true     |
| 2. find out                      | b. information |
| 3. some people are               | c. time passes |
| 4. Neanderthal DNA may weaken as | d. the worm    |
| 5. many of us prefer to          | e. owls        |
| 6. We are becoming night         | f. early birds |
| 7. Nevertheless, it              | g. why         |
| 8. the early bird catches        | h. sleep in    |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2312/231221-early-risers-0.html>

Early (1) \_\_\_\_\_ because of their body clock.

Researchers said early risers share DNA with Neanderthals -

(2) \_\_\_\_\_ 40,000 years ago. They woke up

(3) \_\_\_\_\_ food as (4) \_\_\_\_\_. A

researcher said a (5) \_\_\_\_\_ makes people

"(6) \_\_\_\_\_ rise early".

The researchers (7) \_\_\_\_\_ information to find out

why some people (8) \_\_\_\_\_ and others are night

owls. The Neanderthal DNA (9) \_\_\_\_\_ time

passes. Modern (10) \_\_\_\_\_ of us prefer to sleep

in. We are becoming night owls. Nevertheless,

(11) \_\_\_\_\_ that the early bird

(12) \_\_\_\_\_.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2312/231221-early-risers-0.html>

Early risers wake up because of their body clock. Researchers said early risers share DNA with Neanderthals – our ancestors from 40,000 years ago. They woke up earlier to gather food as the sun rose. As researchers said, "faster" body clock makes people "more likely to rise early". The researchers looked at genetic information to find out why some people are early birds and others are night owls. The Neanderthal DNA may weaken a time passes. Modern life means many of us prefer to sleep in. We are becoming night owls. Nevertheless, it is true that the early bird catches the worm.

# EARLY RISERS SURVEY

From <https://breakingnewsenglish.com/2312/231221-early-risers-0.html>

Write five GOOD questions about early risers 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) \_\_\_\_\_

*Scientists say early risers have Neanderthal genes – 21st December 2023*  
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## WRITE QUESTIONS & ASK YOUR PARTNER(S)

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

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

d) \_\_\_\_\_

e) \_\_\_\_\_

f) \_\_\_\_\_

