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Level 1 – 21st December 2023

Scientists say early risers have Neanderthal genes

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<https://breakingnewsenglish.com/2312/231221-early-risers-1.html>

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Please try Levels 0, 2 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2312/231221-early-risers-1.html>

Early risers naturally wake up early because of their body clock. Most people are still in deep sleep. Researchers said early risers share DNA with Neanderthals – our ancestors from 40,000 years ago. They lived in northern Europe and Asia. They woke up earlier to gather food as the sun rose. A researcher said our body clock can change with the light of different seasons. He 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 early birds shared DNA with Neanderthals. However, the effect of the Neanderthal DNA may be weakening as time passes. Our modern lifestyles mean many of us prefer to sleep in and not get up. Nevertheless, it may still be 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-1.html>

PARAGRAPH ONE:

- | | |
|----------------------------------|--------------------------|
| 1. Early risers naturally | a. with Neanderthals |
| 2. Most people are still in deep | b. early |
| 3. early risers share DNA | c. the sun rose |
| 4. our ancestors | d. wake up early |
| 5. gather food as | e. body clock |
| 6. change with the light of | f. sleep |
| 7. a "faster" | g. different seasons |
| 8. more likely to rise | h. from 40,000 years ago |

PARAGRAPH TWO:

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

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2312/231221-early-risers-1.html>

Early (1) _____ up early because of their body clock. Most people are still (2) _____. Researchers said (3) _____ DNA with Neanderthals – our ancestors from 40,000 years ago. They lived in northern Europe and Asia. They (4) _____ to gather food as the sun rose. A researcher said our body clock can change with the light (5) _____. He said a "faster" body clock makes people "(6) _____ rise early".

The researchers (7) _____ information to find out why some people (8) _____ and others are night owls. The (9) _____ DNA with Neanderthals. However, the (10) _____ Neanderthal DNA may be weakening as time passes. Our modern lifestyles mean many of (11) _____ sleep in and not get up. Nevertheless, it may still be true that the early bird (12) _____.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2312/231221-early-risers-1.html>

Early risers naturally wake up early because of their body clock. Most people are still in deep sleep. Researchers said early risers share DNA with Neanderthals – our ancestors from 40,000 years ago. They lived in northern Europe and Asia. They woke up early to gather food as the sun rose. Are researchers saying our body clock can change with the light of different seasons. He said a "faster" body clock makes people "more likely to rise early". There researchers looked at genetic information to find out why some people are early birds and others are night owls. The early birds shared DNA with Neanderthals. However, the effect of the Neanderthal DNA may be weakening as time passes. Our modern lifestyles mean many of us prefer to sleep in and not get up. Nevertheless, it may still be true that the early bird catches the worm.

EARLY RISERS SURVEY

From <https://breakingnewsenglish.com/2312/231221-early-risers-4.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) _____

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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) _____

