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## **Level 4**

# **Lack of sleep gives you the munchies**

**3rd March, 2016**

<http://www.breakingnewsenglish.com/1603/160303-the-munchies-4.html>

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

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# THE READING

From <http://www.breakingnewsenglish.com/1603/160303-the-munchies-4.html>

Do you ever wonder why you are so hungry if you do not sleep well? Researchers at the University of Chicago may have an answer. They showed that not enough sleep makes people hungrier the next day. Sleeplessness releases chemicals that increase the pleasure of eating. This makes us eat more. People who lack sleep want high-calorie snacks more than healthier foods. People who do not sleep enough eat up to twice as much fatty food.

Researchers created two different situations with 14 volunteers. In one, the volunteers averaged 7.5 hours of sleep. In the other, they averaged just 4.2 hours of sleep. Volunteers in the first situation ate three meals a day. However, in the second situation, they could not say no to tasty snacks. This happened just 90 minutes after they had eaten a meal that gave them 90 per cent of the calories they needed for that day.

Sources: [http://www.business-standard.com/article/news-ians/lack-of-sleep-will-prompt-you-to-binge-more-116030100394\\_1.html](http://www.business-standard.com/article/news-ians/lack-of-sleep-will-prompt-you-to-binge-more-116030100394_1.html)  
<http://www.hitc.com/en-gb/2016/02/29/lack-of-sleep-alters-brain-chemicals-to-bring-on-cannabis-style/>  
<http://www.healthcanal.com/disorders-conditions/sleep/70779-sleep-loss-boosts-hunger-and-unhealthy-food-choices.html>

# MATCHING

From <http://www.breakingnewsenglish.com/1603/160303-the-munchies-4.html>

## PARAGRAPH ONE:

- |                            |                          |
|----------------------------|--------------------------|
| 1. Do you ever wonder      | a. snacks                |
| 2. have an                 | b. of eating             |
| 3. not enough sleep        | c. enough                |
| 4. increase the pleasure   | d. answer                |
| 5. People who lack         | e. much fatty food       |
| 6. high-calorie            | f. why                   |
| 7. People who do not sleep | g. makes people hungrier |
| 8. up to twice as          | h. sleep                 |

## PARAGRAPH TWO:

- |                                     |                         |
|-------------------------------------|-------------------------|
| 1. Researchers created two          | a. a meal               |
| 2. 14                               | b. different situations |
| 3. they averaged just               | c. needed for that day  |
| 4. three meals                      | d. volunteers           |
| 5. in the second                    | e. a day                |
| 6. they could not say               | f. situation            |
| 7. 90 minutes after they had eaten  | g. no to tasty snacks   |
| 8. 90 per cent of the calories they | h. 4.2 hours of sleep   |

# LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1603/160303-the-munchies-4.html>

Do you (1) \_\_\_\_\_ you are so hungry if you do not sleep well? Researchers at the University of Chicago (2) \_\_\_\_\_ answer. They showed (3) \_\_\_\_\_ sleep makes people hungrier the next day. Sleeplessness releases chemicals that increase the pleasure of eating. This makes (4) \_\_\_\_\_. People who lack sleep want high-calorie snacks more (5) \_\_\_\_\_. People who do not sleep enough eat (6) \_\_\_\_\_ much fatty food.

Researchers created two (7) \_\_\_\_\_ with 14 volunteers. In one, the volunteers (8) \_\_\_\_\_ of sleep. In the other, they averaged just 4.2 hours of sleep. Volunteers (9) \_\_\_\_\_ situation (10) \_\_\_\_\_ a day. However, in the second situation, they could (11) \_\_\_\_\_ tasty snacks. This happened just 90 minutes after they had eaten a meal that gave them 90 per cent of the calories they needed (12) \_\_\_\_\_.

# THE MUNCHIES SURVEY

From <http://www.breakingnewsenglish.com/1603/160303-the-munchies-4.html>

Write five GOOD questions about the munchies 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)

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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)

g)

h)

# FREE WRITING

From <http://www.breakingnewsenglish.com/1603/160303-the-munchies-4.html>

Write about **the munchies** for 10 minutes. Comment on your partner's paper.

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