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Level 3 – 21st December 2023

Scientists say early risers have Neanderthal genes

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

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

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THE ARTICLE

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

Early risers are people who naturally wake up early in the morning. Their body clock causes them to get up while most of us are still in deep sleep. Researchers at the University of California said early risers could have some shared DNA from Neanderthals – our ancestors who lived over 40,000 years ago. Neanderthals lived in northern parts of Europe and Asia. They woke up earlier to hunt for or gather food as the sun rose. Researcher Dr Tony Capra said: "At higher latitudes, it is beneficial to have a body clock that is better able to anticipate and change to match the changing seasonal light levels." He added: "Having a 'faster' body clock...makes individuals more likely to rise early."

Scientists have spent a long time looking at why some people are early birds, while others are night owls. They looked at a medical database with genetic information for hundreds of thousands of people. They compared the DNA of people who said they were early risers with the Neanderthal DNA. Their research found more examples of Neanderthal DNA existed in the early risers. However, it is likely that the Neanderthal gene is not so strong in many people. The effect of the Neanderthal DNA may be weakening as the centuries pass. Our modern lifestyles mean many of us prefer sleeping in to leaving the comfort of our bed. 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/>

WARM-UPS

1. EARLY RISERS: Students walk around the class and talk to other students about early risers. 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?

early risers / wake up / morning / deep sleep / ancestors / hunt / body clock / light / birds / database / genes / DNA / Neanderthals / centuries / modern lifestyles / worms

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

3. DAWN: Students A **strongly** believe everyone should wake up at the crack of dawn; Students B **strongly** believe otherwise. Change partners again and talk about your conversations.

4. RISING EARLY: What could people do by getting up at 5 a.m.? Would you like to do this? Complete this table with your partner(s). Change partners often and share what you wrote.

	Things People Could Do	Me
Exercise		
Walking		
Studying		
Hobbies		
Studying		
Housework		

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. MODERN LIFESTYLES: Rank these with your partner. Put the things most likely to stop you sleeping at the top. Change partners often and share your rankings.

- Work
- Studying
- Movies
- Smartphones
- Social life
- Housework
- Gaming
- Stress

VOCABULARY MATCHING

Paragraph 1

- | | |
|----------------|---|
| 1. ancestors | a. Think of as probable; expect or predict. |
| 2. hunt | b. Follow a wild animal to kill it (for food or sport). |
| 3. gather | c. Regions, especially with reference to their temperature and distance from the equator. |
| 4. latitudes | d. People in our family who are from our great-grandparents and go back thousands of years. |
| 5. beneficial | e. Individual people. |
| 6. anticipate | f. Collect plants, fruits, etc., for food. |
| 7. individuals | g. Resulting in good things. |

Paragraph 2

- | | |
|---------------|---|
| 8. early bird | h. Estimated, measured, or noted the similarity or dissimilarity between. |
| 9. night owl | i. A set of data and information held in a computer. |
| 10. database | j. A unit of biological information which is transferred from a parent to their children. |
| 11. compared | k. A person who wakes up, arrives, or acts before the usual or expected time. |
| 12. existed | l. A person who is active or awake at night. |
| 13. gene | m. Periods of hundreds of years. |
| 14. centuries | n. Was real. |

BEFORE READING / LISTENING

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

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

1. The article says early risers set an alarm clock to wake up. **T / F**
2. The researchers found DNA at the University of California. **T / F**
3. Neanderthals were on Earth 40,000 years ago. **T / F**
4. Researchers said a slower body clock means we wake up earlier. **T / F**
5. Owls share a similar kind of DNA to Neanderthals. **T / F**
6. Scientists compared Neanderthal DNA with DNA in a medical database. **T / F**
7. The Neanderthal DNA could be becoming weaker. **T / F**
8. The article says the early worm catches the bird. **T / F**

2. SYNONYM MATCH: (The words in **bold** are from the news article.)

- | | |
|-----------------------|-----------------|
| 1. ancestors | a. probable |
| 2. gather | b. details |
| 3. beneficial | c. get up |
| 4. anticipate | d. luxury |
| 5. rise | e. predict |
| 6. information | f. collect |
| 7. existed | g. go by |
| 8. likely | h. forebears |
| 9. pass | i. was found |
| 10. comfort | j. advantageous |

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

- | | |
|------------------------------------|--------------------------------|
| 1. people who naturally wake | a. information |
| 2. most of us are still in | b. lived over 40,000 years ago |
| 3. our ancestors who | c. of our bed |
| 4. hunt for or gather | d. birds |
| 5. body | e. catches the worm |
| 6. some people are early | f. up early in the morning |
| 7. a medical database with genetic | g. as the centuries pass |
| 8. DNA may be weakening | h. food |
| 9. leaving the comfort | i. deep sleep |
| 10. the early bird | j. clock |

GAP FILL

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

Early risers are people who (1) _____ wake up early in the morning. Their body clock causes them to get up while most of us are still in (2) _____ sleep. Researchers at the University of California said early risers could have some (3) _____ DNA from Neanderthals – our (4) _____ who lived over 40,000 years ago. Neanderthals lived in northern parts of Europe and Asia. They woke up earlier to hunt for or gather food as the sun (5) _____. Researcher Dr Tony Capra said: "At higher (6) _____, it is beneficial to have a body clock that is better able to anticipate and change to match the changing (7) _____ light levels." He added: "Having a 'faster' body clock...makes (8) _____ more likely to rise early."

shared
latitudes
ancestors
individuals
naturally
seasonal
deep
rose

Scientists have spent a long time looking at why some people are early birds, while others are night (9) _____. They looked at a medical database with (10) _____ information for hundreds of thousands of people. They compared the DNA of people who said they were early risers with the Neanderthal DNA. Their research found more (11) _____ of Neanderthal DNA existed in the early risers. However, it is likely that the Neanderthal (12) _____ is not so strong in many people. The (13) _____ of the Neanderthal DNA may be weakening as the (14) _____ pass. Our modern lifestyles mean many of us (15) _____ sleeping in to leaving the comfort of our bed. Nevertheless, it may still be true that the early bird catches the (16) _____.

gene
centuries
genetic
prefer
owls
effect
worm
examples

LISTENING – Guess the answers. Listen to check.

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

- 1) Their body clock causes them to get up while most of us are still _____
 - a. indie sleep
 - b. in deeps sleep
 - c. in deep sleep
 - d. in deep sleeps
- 2) early risers could have some shared DNA from Neanderthals - _____
 - a. hour ancestors
 - b. our ancestral
 - c. our ancestors
 - d. our ancestry
- 3) At higher latitudes, it is beneficial to have _____
 - a. a bodily clock
 - b. a body clock
 - c. a body cloak
 - d. a body crook
- 4) better able to anticipate and change to match the _____
 - a. changing season all light
 - b. changing season a light
 - c. changing seasonal light
 - d. changing seasonal lite
- 5) Having a 'faster' body clock...makes individuals more likely _____
 - a. to rise early
 - b. to arise early
 - c. to riser early
 - d. to raise early
- 6) spent a long time looking at why some people are early birds, while others _____
 - a. are night owls
 - b. are night towels
 - c. are nigh towels
 - d. are night outs
- 7) Their research found more examples of Neanderthal _____
 - a. DNA exited
 - b. DNA existed
 - c. DNA exalted
 - d. DNA ex listed
- 8) The effect of the Neanderthal DNA may be weakening as _____
 - a. the centuries past
 - b. the centuries pass
 - c. the centuries parse
 - d. the centuries passe
- 9) Our modern lifestyles mean many of us prefer sleeping in to _____
 - a. leaving the come fort
 - b. leaving the comforter
 - c. leaving the comfy
 - d. leaving the comfort
- 10) Nevertheless, it may still be true that the early bird _____
 - a. catches the worn
 - b. catches the worm
 - c. catches the wham
 - d. catches the warm

LISTENING – Listen and fill in the gaps

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

Early risers are people who (1) _____ early in the morning. Their body clock causes them to get up while most of us are still in deep sleep. Researchers at the University of California said early risers could have some shared DNA from Neanderthals – our (2) _____ over 40,000 years ago. Neanderthals lived (3) _____ of Europe and Asia. They woke up earlier to hunt for or gather food as the sun rose. Researcher Dr Tony Capra said: "(4) _____, it is beneficial to have a body clock that is better (5) _____ and change to match the changing seasonal light levels." He added: "Having a 'faster' body clock...makes individuals more (6) _____ early."

Scientists have spent a long time looking at why some people are early birds, while others (7) _____. They looked at a medical database with genetic information for (8) _____ of people. They compared the DNA of people who said they were early risers with the Neanderthal DNA. Their research found (9) _____ Neanderthal DNA existed in the early risers. However, it is likely that the Neanderthal gene is not so strong in many people. The effect of the Neanderthal DNA may be (10) _____ centuries pass. Our modern lifestyles mean many of us prefer sleeping in to leaving (11) _____ our bed. Nevertheless, it may still be true that the early bird (12) _____.

COMPREHENSION QUESTIONS

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

1. What causes early risers to wake up early?
2. What university do the researchers work at?
3. How long ago did Neanderthals live?
4. What did Neanderthals do as the sun rose?
5. What seasonal thing can early risers anticipate?
6. What might you be if you are not an early bird?
7. What did a database contain that the researchers looked at?
8. What did the article say might be weakening?
9. What makes many people prefer sleeping in?
10. What gets the worm?

MULTIPLE CHOICE - QUIZ

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

- 1) What causes early risers to wake up early?
 - a) chickens
 - b) stress
 - c) their body clock
 - d) their alarm clock
- 2) What university do the researchers work at?
 - a) the University of California
 - b) the University of London
 - c) the University of Sleep
 - d) the University of Neanderthals
- 3) How long ago did Neanderthals live?
 - a) over 40,000 years ago
 - b) fewer than 40,000 years ago
 - c) around 40,000 years ago
 - d) exactly 40,000 years ago
- 4) What did Neanderthals do as the sun rose?
 - a) pray
 - b) hunt for and gather food
 - c) tidy their bed
 - d) yawn
- 5) What seasonal thing can early risers anticipate?
 - a) how much sleep is best
 - b) food
 - c) temperature
 - d) seasonal light levels
- 6) What might you be if you are not an early bird?
 - a) a late bird
 - b) a night owl
 - c) a cat
 - d) a bat
- 7) What did a database contain that the researchers looked at?
 - a) genetic information
 - b) sleep information
 - c) worms
 - d) details about body clocks
- 8) What did the article say might be weakening?
 - a) sleeplessness
 - b) our body clocks
 - c) the effect of Neanderthal DNA
 - d) our modern lifestyles
- 9) What makes many people prefer sleeping in?
 - a) noisy birds
 - b) the threat of worms
 - c) genes
 - d) our modern lifestyle
- 10) What gets the worm?
 - a) the early bird
 - b) a fisherperson
 - c) a mouse
 - d) a bear

ROLE PLAY

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

Role A – Work

You think work is the thing that affects our sleep most. Tell the others three reasons why. Tell them why their things aren't as bad. Also, tell the others which is the thing that least affects sleep of these (and why): studying, stress or gaming.

Role B – Studying

You think studying is the thing that affects our sleep most. Tell the others three reasons why. Tell them why their things aren't as bad. Also, tell the others which is the thing that least affects sleep of these (and why): work, stress or gaming.

Role C – Stress

You think a stress is the thing that affects our sleep most. Tell the others three reasons why. Tell them why their things aren't as bad. Also, tell the others which is the thing that least affects sleep of these (and why): studying, work or gaming.

Role D – Gaming

You think gaming is the thing that affects our sleep most. Tell the others three reasons why. Tell them why their things aren't as bad. Also, tell the others which is the thing that least affects sleep of these (and why): studying, stress or work.

AFTER READING / LISTENING

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

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

early	bird
--------------	-------------

- 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">• naturally• deep• lived• hunt• better• light	<ul style="list-style-type: none">• time• information• examples• strong• prefer• true
--	--

EARLY RISERS SURVEY

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

EARLY RISERS DISCUSSION

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

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'early'?
3. What are the good things about being an early riser?
4. What do you know about Neanderthals?
5. What do you know about your body clock?
6. What do you know about DNA?
7. What do you do when you wake up early?
8. How do you feel when you wake up late?
9. What's the best time to wake up?
10. Would you prefer to live in higher or lower latitudes?

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EARLY RISERS DISCUSSION

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

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'bird'?
13. What do you think about what you read?
14. Are you a night owl or an early bird?
15. Why do some people prefer mornings?
16. Is it healthier to wake up when the sun rises?
17. How has technology changed our sleeping patterns?
18. How comfortable is your bed?
19. Does the early bird catch the worm?
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 <https://breakingnewsenglish.com/2312/231221-early-risers.html>

Early risers are people who (1) _____ wake up early in the morning. Their body clock causes them to get up while most of us are still in (2) _____ sleep. Researchers at the University of California said early risers could have some (3) _____ DNA from Neanderthals – our ancestors who lived over 40,000 years ago. Neanderthals lived in northern parts of Europe and Asia. They woke (4) _____ earlier to hunt for or gather food as the sun rose. Researcher Dr Tony Capra said: "(5) _____ higher latitudes, it is beneficial to have a body clock that is better able to anticipate and change to match the changing seasonal light levels." He added: "Having a 'faster' body clock...makes individuals more (6) _____ to rise early."

Scientists have spent a long time looking at why some people are early birds, while others are night (7) _____. They looked at a medical database with genetic information for hundreds of thousands of people. They compared the DNA of people who said they were early risers (8) _____ the Neanderthal DNA. Their research found more examples of Neanderthal DNA (9) _____ in the early risers. However, it is likely that the Neanderthal gene is not so strong in many people. The effect of the Neanderthal DNA may be weakening (10) _____ the centuries pass. Our modern lifestyles mean many of us prefer sleeping (11) _____ to leaving the comfort of our bed. Nevertheless, it may still be true that the early bird catches the (12) _____.

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

- | | | | | |
|-----|-------------|---------------|-------------|----------------|
| 1. | (a) natural | (b) naturally | (c) nature | (d) naturalize |
| 2. | (a) depth | (b) deep | (c) deepen | (d) deeps |
| 3. | (a) shaved | (b) shamed | (c) shaped | (d) shared |
| 4. | (a) in | (b) up | (c) down | (d) on |
| 5. | (a) Off | (b) At | (c) To | (d) As |
| 6. | (a) lively | (b) lovely | (c) likely | (d) lamely |
| 7. | (a) gowns | (b) howls | (c) owls | (d) bowels |
| 8. | (a) by | (b) at | (c) with | (d) on |
| 9. | (a) exalted | (b) exited | (c) exerted | (d) existed |
| 10. | (a) as | (b) has | (c) was | (d) is |
| 11. | (a) in | (b) on | (c) of | (d) up |
| 12. | (a) sleep | (b) bed | (c) worm | (d) ball |

SPELLING

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

Paragraph 1

1. people who uranltlya wake up early
2. our tcaesnors who lived over 40,000 years ago
3. it is licniaeefb to have a body clock
4. at higher tatileuds
5. match the changing eanslaso light levels
6. ivdniaulds more likely to rise early

Paragraph 2

7. a medical ebaastda
8. inegtce information
9. They aredmcpo the DNA of people
10. DNA xtisdee in the early risers
11. Neanderthal DNA may be nwkgniaee
12. as the seecrtui pass

PUT THE TEXT BACK TOGETHER

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

Number these lines in the correct order.

- () clock causes them to get up while most of us are still in deep sleep. Researchers
- () comfort of our bed. Nevertheless, it may still be true that the early bird catches the worm.
- () for or gather food as the sun rose. Researcher Dr Tony Capra said: "At higher
- () Scientists have spent a long time looking at why some people are early birds, while others are night
- () at the University of California said early risers could have some shared DNA from Neanderthals – our ancestors who
- () that the Neanderthal gene is not so strong in many people. The effect of the Neanderthal DNA may be
- (**1**) Early risers are people who naturally wake up early in the morning. Their body
- () latitudes, it is beneficial to have a body clock that is better able to anticipate and change to match the changing seasonal
- () DNA. Their research found more examples of Neanderthal DNA existed in the early risers. However, it is likely
- () weakening as the centuries pass. Our modern lifestyles mean many of us prefer sleeping in to leaving the
- () lived over 40,000 years ago. Neanderthals lived in northern parts of Europe and Asia. They woke up earlier to hunt
- () of people. They compared the DNA of people who said they were early risers with the Neanderthal
- () light levels." He added: "Having a 'faster' body clock...makes individuals more likely to rise early."
- () owls. They looked at a medical database with genetic information for hundreds of thousands

PUT THE WORDS IN THE RIGHT ORDER

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

1. early . up wake people risers who Early are
2. body them Their causes up . get clock to
3. DNA . some have shared risers Early could
4. of northern parts lived in Europe . Neanderthals
5. levels . changing the seasonal match to Change light
6. have spent time long a Scientists looking .
7. in The strong people . Neanderthal so isn't gene
8. effect is weakening . of the DNA The Neanderthal
9. sleeping we lifestyles in . prefer Our mean modern
10. True bird catches the the that worm . early

CIRCLE THE CORRECT WORD (20 PAIRS)

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

Early risers are people who *natural* / *naturally* wake up early in the morning. Their body clock causes them to get up while most of us are still in *depth* / *deep* sleep. Researchers at the University of California said early risers could have some *shared* / *shaved* DNA from Neanderthals – our *ancestors* / *ancestral* who lived over 40,000 years ago. Neanderthals lived in northern parts *off* / *of* Europe and Asia. They woke up earlier to *hunt* / *hunting* for or gather food as the sun *arose* / *rose*. Researcher Dr Tony Capra said: "At higher latitudes, it is beneficial *to* / *for* have a body clock that is better able to anticipate and *change* / *charge* to match the changing seasonal light levels." He added: "Having a 'faster' body clock...makes individuals more *lively* / *likely* to rise early."

Scientists have spent a *long* / *length* time looking at why some people are early birds, while *another* / *others* are night owls. They looked at a medical database with *genetic* / *genetically* information for hundreds of thousands of people. They *compared* / *comparison* the DNA of people who said they were early risers with the Neanderthal DNA. Their research found more *example* / *examples* of Neanderthal DNA existed in the early risers. However, it is likely that the Neanderthal gene is not so *strengthen* / *strong* in many people. The *effect* / *affect* of the Neanderthal DNA may be weakening as the centuries *past* / *pass*. Our modern lifestyles mean many of us prefer sleeping *on* / *in* to leaving the comfort of our bed. Nevertheless, it may still be *true* / *truly* that the early bird catches the worm.

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

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

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

__rly r_s_rs _r_ p__pl_ wh_ n_t_r_lly w_k_ _p __rly
n th m_rn_ng. Th__r b_dy cl_ck c__s_s th_m t_ g_t
_p wh_l_ m_st _f _s _r_ st_ll _n d__p sl__p.
R_s__rch_rs _t th_ _n_v_rs_ty _f C_l_f_rn__ s__d __rly
r_s_rs c__ld h_v_ s_m_ sh_r_d DN_ fr_m N__nd_rth_ls
- __r _nc_st_rs wh_ l_v_d _v_r 40,000 y__rs _g_.
N__nd_rth_ls l_v_d _n n_rth_rn p_rts _f __r_p_ _nd
_s__. Th_y w_k_ _p __rl__r t_ h_nt f_r _r g_th_r
f__d _s th_ s_n r_s_. R_s__rch_r Dr T_ny C_pr_ s__d:
"t_h_g_h_r l_t_t_d_s _t _s b_n_f_c__l t_ h_v_ _ b_dy
cl_ck th_t _s b_tt_r _bl_ t_ _nt_c_p_t_ _nd ch_ng_ t_
m_tch th_ ch_ng_ng s__s_n_l l_gh_t l_v_ls." H_ _dd_d:
"H_v_ng _ 'f_st_r' b_dy cl_ck...m_k_s _nd_v_d__ls m_r_
l_k_ly t_ r_s_ __rly."

Sc__nt_sts h_v_ sp_nt _ l_ng t_m_ l__k_ng _t why
s_m_ p__pl_ _r_ __rly b_rds, wh_l_ _th_rs _r_ n_gh_t
_wls. Th_y l__k_d _t _ m_d_c_l d_t_b_s_ w_th g_n_t_c
_nf_rm_t__n f_r h_ndr_ds _f th__s_nds _f p__pl_. Th_y
c_mpr_d th_ DN_ _f p__pl_ wh_ s__d th_y w_r_ __rly
r_s_rs w_th th_ N__nd_rth_l DN_. Th__r r_s__rch f__nd
m_r_ _x_mpl_s _f N__nd_rth_l DN_ _x_st_d _n th_
__rly r_s_rs. H_w_v_r, _t _s l_k_ly th_t th_
N__nd_rth_l g_n_ _s n_t s_ str_ng _n m_ny p__pl_.
Th_ _ff_ct _f th_ N__nd_rth_l DN_ m_y b_ w__k_n_g
s th c_nt_r__s p_ss. __r m_d_rn l_fstyl_s m__n
m_ny _f _s pr_f_r sl__p_ng _n t_ l__v_ng th_ c_mf_r_t
_f __r b_d. N_v_rth_l_ss, _t m_y st_ll b_ tr__ th_t
th_ __rly b_rd c_tch_s th_ w_rm.

PUNCTUATE THE TEXT AND ADD CAPITALS

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

early risers are people who naturally wake up early in the morning their body clock causes them to get up while most of us are still in deep sleep researchers at the university of california said early risers could have some shared dna from neanderthals our ancestors who lived over 40000 years ago neanderthals lived in northern parts of europe and asia they woke up earlier to hunt for or gather food as the sun rose researcher dr tony capra said at higher latitudes it is beneficial to have a body clock that is better able to anticipate and change to match the changing seasonal light levels he added having a faster body clock makes individuals more likely to rise early scientists have spent a long time looking at why some people are early birds while others are night owls they looked at a medical database with genetic information for hundreds of thousands of people they compared the dna of people who said they were early risers with the neanderthal dna their research found more examples of neanderthal dna existed in the early risers however it is likely that the neanderthal gene is not so strong in many people the effect of the neanderthal dna may be weakening as the centuries pass our modern lifestyles mean many of us prefer sleeping in to leaving the comfort of our bed nevertheless it may still be true that the early bird catches the worm

PUT A SLASH (/) WHERE THE SPACES ARE

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

Early risers are people who naturally wake up early in the morning. Their body clock causes them to get up while most of us are still in deep sleep. Researchers at the University of California said early risers could have some shared DNA from Neanderthals – our ancestors who lived over 40,000 years ago. Neanderthals lived in northern parts of Europe and Asia. They woke up earlier to hunt for or gather food as the sun rose. Researcher Dr Tony Capra said: "At higher latitudes, it is beneficial to have a body clock that is better able to anticipate and change to match the changing seasonal light levels." He added: "Having a 'faster' body clock... makes individuals more likely to rise early." Scientists have spent a long time looking at why some people are early birds, while others are night owls. They looked at a medical database with genetic information for hundreds of thousands of people. They compared the DNA of people who said they were early risers with the Neanderthal DNA. Their research found more examples of Neanderthal DNA existed in the early risers. However, it is likely that the Neanderthal gene is not so strong in many people. The effect of the Neanderthal DNA may be weakening as the centuries pass. Our modern lifestyles mean many of us prefer sleeping in to leaving the comfort of our bed. Nevertheless, it may still be true that the early bird catches the worm.

ACADEMIC WRITING

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

Everyone should get up early in the morning. Discuss.

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 this news story. Share what you discover with your partner(s) in the next lesson.

3. EARLY RISERS: Make a poster about early risers. Show your work to your classmates in the next lesson. Did you all have similar things?

4. 6 AM: Write a magazine article about everyone getting up at 6 a.m. Include imaginary interviews with people who are for and against this.

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 early risers. Ask him/her three questions about them. Give him/her three of your opinions on getting up early. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

1. d 2. b 3. f 4. c 5. g 6. a 7. e
8. k 9. l 10. i 11. h 12. n 13. j 14. m

TRUE / FALSE (p.5)

- 1 F 2 F 3 T 4 F 5 F 6 T 7 T 8 F

SYNONYM MATCH (p.5)

1. h	2. f	3. j	4. e	5. c
6. b	7. i	8. a	9. g	10. d

COMPREHENSION QUESTIONS (p.9)

1. Their body clock
2. The University of California
3. More than 40,000 years ago
4. Hunt for and gather food
5. Seasonal light levels
6. A night owl
7. Genetic information
8. The effect of Neanderthal DNA
9. Our modern lifestyle
10. The early bird

WORDS IN THE RIGHT ORDER (p.19)

1. Early risers are people who wake up early.
2. Their body clock causes them to get up.
3. Early risers could have some shared DNA.
4. Neanderthals lived in northern parts of Europe.
5. Change to match the changing seasonal light levels.
6. Scientists have spent a long time looking.
7. The Neanderthal gene isn't so strong in people.
8. The effect of the Neanderthal DNA is weakening.
9. Our modern lifestyles mean we prefer sleeping in.
10. True that the early bird catches the worm.

MULTIPLE CHOICE - QUIZ (p.10)

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

ALL OTHER EXERCISES

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