

# www.Breaking News English.com

Ready-to-Use English Lessons by Sean Banville

**"1,000 IDEAS & ACTIVITIES  
FOR LANGUAGE TEACHERS"**

[www.breakingnewsenglish.com/book.html](http://www.breakingnewsenglish.com/book.html)

**Thousands more free lessons  
from Sean's other websites**

[www.freeeslmaterials.com/sean\\_banville\\_lessons.html](http://www.freeeslmaterials.com/sean_banville_lessons.html)

## Level 6

# Lack of sleep gives you the munchies

3rd March, 2016

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

## Contents

The Article	2	Discussion (Student-Created Qs)	14
Warm-Ups	3	Language Work (Cloze)	15
Before Reading / Listening	4	Spelling	16
While Reading / Listening	5	Put The Text Back Together	17
Match The Sentences And Listen	6	Put The Words In The Right Order	18
Listening Gap Fill	7	Circle The Correct Word	19
Comprehension Questions	8	Insert The Vowels (a, e, i, o, u)	20
Multiple Choice - Quiz	9	Punctuate The Text And Add Capitals	21
Role Play	10	Put A Slash ( / ) Where The Spaces Are	22
After Reading / Listening	11	Free Writing	23
Student Survey	12	Academic Writing	24
Discussion (20 Questions)	13	Homework	25
		Answers	26

**Please try Levels 4 and 5 (they are easier).**

**Twitter**



[twitter.com/SeanBanville](https://twitter.com/SeanBanville)

**Facebook**



[www.facebook.com/pages/BreakingNewsEnglish/155625444452176](https://www.facebook.com/pages/BreakingNewsEnglish/155625444452176)

**Google +**



<https://plus.google.com/+SeanBanville>

# THE ARTICLE

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

Have you ever wondered why you are hungrier than usual if you do not get a good night's sleep? Researchers from the University of Chicago say they have found one reason. Their study reveals that a lack of sleep makes people hungrier the following day. Sleeplessness releases chemicals in the brain that enhance the pleasure derived from eating, which also makes us eat more. We want to eat food that is high in calories. The researchers found that sleep-deprived people craved crisps, sweets and biscuits far more than healthier foods. The researchers also reported that people in the study who did not get enough sleep ate up to twice as much fat content as when they had slept for eight hours.

The study was conducted on 14 male and female volunteers in their twenties. They were observed by researchers in two different situations. In one, they spent 8.5 hours in bed each night and averaged 7.5 hours of sleep. In the other, they spent just 4.5 hours in bed and averaged 4.2 hours of sleep. The researchers noted that in the first situation, the subjects ate three meals a day, as normal. However, in the second situation, where they had been deprived of sleep, the volunteers were unable to resist what the researchers called "highly palatable, rewarding snacks". This happened just 90 minutes after they had eaten a meal that supplied them with 90 per cent of their required daily calories.

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>

# WARM-UPS

**1. THE MUNCHIES:** Students walk around the class and talk to other students about the munchies. 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?

*wonder / hungrier / a good night's sleep / brain / sleeplessness / calories / sweets / fat / study / situations / in bed / three meals a day / volunteers / rewarding / snacks*

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

**3. EATING:** How does it affect these things? Complete this table with your partner(s). Change partners often and share what you wrote.

	How?	Why?
Sleeping		
Relaxing		
Sports		
Social life		
Body shape		
Happiness		

**4. SNACKS:** Students A **strongly** believe snacks are good for you; Students B **strongly** believe they are not. Change partners again and talk about your conversations.

**5. SLEEP:** Rank these with your partner. Put the best things to help you sleep at the top. Change partners often and share your rankings.

- warm milk
- music
- studying grammar
- sleeping pills
- exercise
- counting sheep
- a hot bath
- total darkness

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

# BEFORE READING / LISTENING

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

## 1. TRUE / FALSE:

Read the headline. Guess if a-h below are true (T) or false (F).

- |  |       |
|--|-------|
| a. The University of Chicago found two reasons why we get hungry.            | T / F |
| b. Researchers said a lack of sleep creates hunger two days later.           | T / F |
| c. Sleeplessness produces a chemical in the brain that makes us hungrier.    | T / F |
| d. We eat up to twice as much fatty food if we don't sleep well.             | T / F |
| e. The study looked at the sleeping habits of 28 men and women.              | T / F |
| f. In one experiment, the volunteers slept an average of 4.2 hours.          | T / F |
| g. The volunteers could not say no to tasty snacks after insufficient sleep. | T / F |
| h. Volunteers spent 90 minutes eating a meal that contained 90 calories.     | T / F |

## 2. SYNONYM MATCH:

Match the following synonyms from the article.

- |              |                   |
|--------------|-------------------|
| 1. wondered  | a. carried out    |
| 2. reason    | b. increase       |
| 3. reveals   | c. provided       |
| 4. enhance   | d. cause          |
| 5. far       | e. tasty          |
| 6. conducted | f. a lot          |
| 7. noted     | g. necessary      |
| 8. palatable | h. asked yourself |
| 9. supplied  | i. observed       |
| 10. required | j. shows          |

## 3. PHRASE MATCH:

(Sometimes more than one choice is possible.)

- |                                   |                           |
|-----------------------------------|---------------------------|
| 1. wondered why you are hungrier  | a. in their twenties      |
| 2. get a good                     | b. people hungrier        |
| 3. a lack of sleep makes          | c. of sleep               |
| 4. Sleeplessness releases         | d. crisps                 |
| 5. sleep-deprived people craved   | e. night's sleep          |
| 6. female volunteers              | f. 7.5 hours of sleep     |
| 7. averaged                       | g. chemicals in the brain |
| 8. the subjects ate three         | h. daily calories         |
| 9. they had been deprived         | i. than usual             |
| 10. 90 per cent of their required | j. meals a day            |

# GAP FILL

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

Have you ever wondered why you are hungrier than (1) \_\_\_\_\_ if you do not get a good night's sleep? Researchers from the University of Chicago say they have found one (2) \_\_\_\_\_. Their study reveals that a lack of sleep makes people hungrier the (3) \_\_\_\_\_ day. Sleeplessness releases chemicals in the brain that enhance the (4) \_\_\_\_\_ derived from eating, which also makes us eat more. We want to eat food that is (5) \_\_\_\_\_ in calories. The researchers found that sleep-deprived people (6) \_\_\_\_\_ crisps, sweets and biscuits far more than (7) \_\_\_\_\_ foods. The researchers also reported that people in the study who did not get enough sleep ate up to twice as much (8) \_\_\_\_\_ content as when they had slept for eight hours.

*pleasure*

*reason*

*usual*

*healthier*

*high*

*following*

*fat*

*craved*

The study was conducted on 14 male and female (9) \_\_\_\_\_ in their twenties. They were (10) \_\_\_\_\_ by researchers in two different situations. In one, they spent 8.5 hours in bed each night and (11) \_\_\_\_\_ 7.5 hours of sleep. In the other, they spent just 4.5 hours in bed and averaged 4.2 hours of sleep. The researchers noted that in the first (12) \_\_\_\_\_, the subjects ate three meals a day, as (13) \_\_\_\_\_. However, in the second situation, where they had been deprived of sleep, the volunteers were unable to (14) \_\_\_\_\_ what the researchers called "highly palatable, rewarding (15) \_\_\_\_\_ ". This happened just 90 minutes after they had eaten a meal that supplied them with 90 per cent of their required (16) \_\_\_\_\_ calories.

*situation*

*observed*

*normal*

*snacks*

*daily*

*averaged*

*volunteers*

*resist*

# LISTENING – Guess the answers. Listen to check.

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

- 1) Have you ever wondered why you are hungrier than usual if you do not get \_\_\_\_\_?
  - a. a well night's sleep
  - b. a best night's sleep
  - c. a good night's sleep
  - d. a goodly night's sleep
- 2) Their study reveals that a lack of sleep makes people hungrier \_\_\_\_\_
  - a. the following day
  - b. the follow in day
  - c. the follow up day
  - d. the follow wing day
- 3) Sleeplessness releases chemicals in the brain that enhance the pleasure \_\_\_\_\_
  - a. derailed from eating
  - b. decried from eating
  - c. deprived from eating
  - d. derived from eating
- 4) sleep-deprived people craved crisps, sweets and biscuits far more \_\_\_\_\_
  - a. than healthier foodies
  - b. than healthy foods
  - c. than healthier foods
  - d. them healthier foods
- 5) people in the study who did not get enough sleep ate up to twice as \_\_\_\_\_
  - a. much fatter content
  - b. much fatties content
  - c. much fatest content
  - d. much fat content
- 6) The study was conducted on 14 male and female volunteers \_\_\_\_\_
  - a. in their teens
  - b. in their twenties
  - c. in their thirties
  - d. in their forties
- 7) The researchers noted that in the first situation, the subjects ate three meals \_\_\_\_\_
  - a. a day, as normal
  - b. a day, as normally
  - c. a day, as normalcy
  - d. a day, as normality
- 8) However, in the second situation, where they had been \_\_\_\_\_
  - a. deprived of sleepover
  - b. deprived of sleepy
  - c. deprived of sleeps
  - d. deprived of sleep
- 9) unable to resist what the researchers called "highly palatable, \_\_\_\_\_"
  - a. rewarding snack
  - b. reward in snacks
  - c. rewarding snacks
  - d. reward in snack
- 10) they had eaten a meal that supplied them with 90 per cent of their required \_\_\_\_\_
  - a. daily calorie
  - b. daily calories
  - c. daily calorific
  - d. daily colors

# LISTENING – Listen and fill in the gaps

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

Have you ever wondered why you are hungrier (1) \_\_\_\_\_ you do not get a good night's sleep? Researchers from the University of Chicago say they have (2) \_\_\_\_\_. Their study reveals that a lack of sleep makes people hungrier (3) \_\_\_\_\_. Sleeplessness releases chemicals in the brain that enhance the pleasure derived from eating, which also makes us eat more. We want to eat food that is high in calories. The researchers found (4) \_\_\_\_\_ people craved crisps, sweets and biscuits (5) \_\_\_\_\_ healthier foods. The researchers also reported that people in the study who did not get enough sleep (6) \_\_\_\_\_ as much fat content as when they had slept for eight hours.

The study (7) \_\_\_\_\_ 14 male and female volunteers in their twenties. They were observed by researchers in two different situations. In one, they spent 8.5 hours (8) \_\_\_\_\_ and averaged 7.5 hours of sleep. In the other, they spent just 4.5 hours in bed (9) \_\_\_\_\_ hours of sleep. The researchers noted that in the first situation, the subjects ate three meals a (10) \_\_\_\_\_. However, in the second situation, where they had been deprived of sleep, the volunteers were (11) \_\_\_\_\_ what the researchers called "highly palatable, rewarding snacks". This happened just 90 minutes after they had eaten a meal that supplied them with 90 per cent of their (12) \_\_\_\_\_.

# COMPREHENSION QUESTIONS

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

1. Which university did the research?

---

2. How many reasons did the university find for being hungrier?

---

3. What does sleeplessness release in the brain?

---

4. What kind of food do we want to eat if we haven't had enough sleep?

---

5. Who craved crisps?

---

6. How many volunteers took part in the survey?

---

7. On average, how long did people sleep if they spent 4.5 hours in bed?

---

8. How many meals a day did volunteers eat in the first situation?

---

9. What were sleep-deprived volunteers unable to resist?

---

10. How long after a meal did sleep-deprived volunteers have snacks?

---



# MULTIPLE CHOICE - QUIZ

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

1. Which university did the research?
  - a) Sydney
  - b) Tokyo
  - c) Chicago
  - d) London
2. How many reasons did the university find for being hungrier?
  - a) 1
  - b) 2
  - c) 3
  - d) 4
3. What does sleeplessness release in the brain?
  - a) chemicals
  - b) calories
  - c) electricity
  - d) hungry
4. What kind of food do we want to eat if we haven't had enough sleep?
  - a) sushi
  - b) high-calorie food
  - c) baby food
  - d) fruit
5. Who craved crisps?
  - a) the over-60s
  - b) crisp lovers
  - c) teens
  - d) sleep-deprived people
6. How many volunteers took part in the survey?
  - a) 12
  - b) 14
  - c) 22
  - d) 28
7. On average, how long did people sleep if they spent 4.5 hours in bed?
  - a) 4.2 hours
  - b) 4.5 hours
  - c) 4 hours
  - d) 3.8 hours
8. How many meals a day did volunteers eat in the first situation?
  - a) 1
  - b) 2
  - c) 3
  - d) 4
9. What were sleep-deprived volunteers unable to resist?
  - a) apples
  - b) naps
  - c) beds
  - d) snacks
10. How long after a meal did sleep-deprived volunteers have snacks?
  - a) 1½ hours
  - b) an hour
  - c) two hours
  - d) 2½ hours

# ROLE PLAY

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

## **Role A – Music**

You think music is the best way to get to sleep. Tell the others three reasons why. Tell them why their ways aren't so good. Also, tell the others which is the least effective of these (and why): sleeping pills, counting sheep or total darkness.

## **Role B – Sleeping pills**

You think sleeping pills are the best way to get to sleep. Tell the others three reasons why. Tell them why their ways aren't so good. Also, tell the others which is the least effective of these (and why): music, counting sheep or total darkness.

## **Role C – Counting sheep**

You think counting sheep is the best way to get to sleep. Tell the others three reasons why. Tell them why their ways aren't so good. Also, tell the others which is the least effective of these (and why): sleeping pills, music or total darkness.

## **Role D – Total darkness**

You think total darkness is the best way to get to sleep. Tell the others three reasons why. Tell them why their ways aren't so good. Also, tell the others which is the least effective of these (and why): sleeping pills, counting sheep or music.

# AFTER READING / LISTENING

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

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

<b>sleep</b>	<b>hungry</b>
--------------	---------------

- 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"><li>• why</li><li>• reason</li><li>• following</li><li>• high</li><li>• crisps</li><li>• content</li></ul>	<ul style="list-style-type: none"><li>• 14</li><li>• 8.5</li><li>• 4.2</li><li>• first</li><li>• 90</li><li>• daily</li></ul>
--	---

# THE MUNCHIES SURVEY

From <http://www.BreakingNewsEnglish.com/1603/160303-the-munchies.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.

# THE MUNCHIES 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 'sleep'?
- 3) What are you like if you don't sleep well?
- 4) Do you get hungry if you don't sleep?
- 5) Do you have any bedtime snacks?
- 6) How does what you eat affect your sleep?
- 7) When is the last time you should eat before sleeping?
- 8) When do you crave food that is high in calories?
- 9) What do you think about what you read?
- 10) How well do you sleep?

*Lack of sleep gives you the munchies – 3rd March, 2016*  
More free lessons at [www.BreakingNewsEnglish.com](http://www.BreakingNewsEnglish.com)

---

# THE MUNCHIES DISCUSSION

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

- 11) Did you like reading this article? Why/not?
- 12) Would you like to have taken part in this research?
- 13) How would you feel if you had more sleep?
- 14) Do you feel that what you eat affects your sleep patterns?
- 15) Can you survive on three meals a day or do you need snacks?
- 16) What are highly palatable, rewarding snacks for you?
- 17) How important are eating and sleeping to you?
- 18) When and why do you get the munchies?
- 19) How much do you worry about what you eat?
- 20) What questions would you like to ask the researchers?

# DISCUSSION (Write your own questions)

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

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

Copyright © www.BreakingNewsEnglish.com 2016

---

# 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/1603/160303-the-munchies.html>

Have you ever (1) \_\_\_\_\_ why you are hungrier than usual if you do not get a good night's sleep? Researchers from the University of Chicago say they have found one reason. Their study (2) \_\_\_\_\_ that a lack of sleep makes people hungrier the (3) \_\_\_\_\_ day. Sleeplessness releases chemicals in the brain that enhance the pleasure derived from eating, which also makes us eat more. We want to eat food that is (4) \_\_\_\_\_ in calories. The researchers found that sleep-deprived people craved crisps, sweets and biscuits (5) \_\_\_\_\_ more than healthier foods. The researchers also reported that people in the study who did not get enough sleep ate up to twice as much fat (6) \_\_\_\_\_ as when they had slept for eight hours.

The study was conducted on 14 male and female volunteers in (7) \_\_\_\_\_ twenties. They were observed (8) \_\_\_\_\_ researchers in two different situations. In one, they spent 8.5 hours in bed each night and (9) \_\_\_\_\_ 7.5 hours of sleep. In the other, they spent just 4.5 hours in bed and averaged 4.2 hours of sleep. The researchers noted that in the first situation, the subjects ate three meals a day, as (10) \_\_\_\_\_. However, in the second situation, where they had been deprived of sleep, the volunteers were unable to (11) \_\_\_\_\_ what the researchers called "highly palatable, rewarding snacks". This happened just 90 minutes after they had eaten a meal that supplied them with 90 per cent of their (12) \_\_\_\_\_ daily calories.

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

- |     |               |               |               |                 |
|-----|---------------|---------------|---------------|-----------------|
| 1.  | (a) wondered  | (b) wondering | (c) wandered  | (d) wandering   |
| 2.  | (a) revels    | (b) reveals   | (c) unravels  | (d) releases    |
| 3.  | (a) follow-up | (b) followers | (c) followed  | (d) following   |
| 4.  | (a) up        | (b) high      | (c) tall      | (d) giant       |
| 5.  | (a) four      | (b) fore      | (c) for       | (d) far         |
| 6.  | (a) contented | (b) contents  | (c) content   | (d) contentment |
| 7.  | (a) they      | (b) their     | (c) our       | (d) them        |
| 8.  | (a) by        | (b) in        | (c) at        | (d) of          |
| 9.  | (a) averaged  | (b) average   | (c) averages  | (d) averaging   |
| 10. | (a) normality | (b) normalcy  | (c) normal    | (d) normally    |
| 11. | (a) restate   | (b) resign    | (c) restrain  | (d) resist      |
| 12. | (a) requires  | (b) required  | (c) requiring | (d) require     |

# SPELLING

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

## Paragraph 1

1. Have you ever nodrewde why...
2. Their study elaevrs that...
3. enhance the lpsueaer
4. high in ieroclsa
5. sleep-eedpivrd people
6. acdrev crisps, sweets and biscuits

## Paragraph 2

7. male and female lvoturesen
8. They were vesedrbo by researchers
9. gareaedv 7.5 hours of sleep
10. in the first ounstatii
11. unable to sisetr
12. highly lbplaatea, rewarding snacks



# PUT THE TEXT BACK TOGETHER

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

Number these lines in the correct order.

( )	eaten a meal that supplied them with 90 per cent of their required daily calories.
( )	foods. The researchers also reported that people in the study who did not get enough sleep ate up
( )	hungrier the following day. Sleeplessness releases chemicals in the brain that enhance the pleasure derived
( )	7.5 hours of sleep. In the other, they spent just 4.5 hours in bed and averaged 4.2 hours of sleep. The researchers
( )	by researchers in two different situations. In one, they spent 8.5 hours in bed each night and averaged
( )	from eating, which also makes us eat more. We want to eat food that is high in calories. The researchers found
( )	situation, where they had been deprived of sleep, the volunteers were unable to resist what the researchers
( )	noted that in the first situation, the subjects ate three meals a day, as normal. However, in the second
( )	called "highly palatable, rewarding snacks". This happened just 90 minutes after they had
( )	The study was conducted on 14 male and female volunteers in their twenties. They were observed
( )	that sleep-deprived people craved crisps, sweets and biscuits far more than healthier
( )	to twice as much fat content as when they had slept for eight hours.
( <b>1</b> )	Have you ever wondered why you are hungrier than usual if you do not get a good night's sleep? Researchers from the
( )	University of Chicago say they have found one reason. Their study reveals that a lack of sleep makes people

# PUT THE WORDS IN THE RIGHT ORDER

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

1. usual Have you ever wondered why you are hungrier than?

---

2. people makes sleep of lack a that reveals study The hungrier .

---

3. brain Sleeplessness chemicals the releases in .

---

4. to eat food that is high in calories We want .

---

5. that deprived crisps found - craved Researchers sleep people .

---

6. by Observed situations different two in researchers .

---

7. In they , bed 4 .5 other in just the hours spent .

---

8. three meals a day , as normal The subjects ate .

---

9. This meal a eaten had they after minutes 90 just happened .

---

10. of Supplied their calories . daily them required with 90%

---

# CIRCLE THE CORRECT WORD (20 PAIRS)

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

Have you ever *wandered / wondered* why you are hungrier than usual if you do not get a *good / well* night's sleep? Researchers from the University of Chicago say they have *finding / found* one reason. Their study *reveals / reveals* that a lack of sleep makes people *hungrier / hungrily* the following day. Sleeplessness releases *chemical / chemicals* in the brain that enhance the pleasure derived *at / from* eating, which also makes us eat more. We want to eat food that is high *in / on* calories. The researchers found that sleep-deprived people *craved / carved* crisps, sweets and biscuits far more than healthier foods. The researchers also reported that people in the study who did not get enough sleep ate up to twice as *many / much* fat content as when they had slept for eight hours.

The study was *contracted / conducted* on 14 male and female volunteers *in / on* their twenties. They were observed by researchers in two *difference / different* situations. In one, they *spent / spending* 8.5 hours in bed each night and averaged 7.5 hours of sleep. In the other, they spent just 4.5 hours in bed and *averaging / averaged* 4.2 hours of sleep. The researchers noted that in the *first / firstly* situation, the subjects ate three meals a day, as normal. However, in the second situation, where they had *been / being* deprived of sleep, the volunteers were unable to *resistance / resist* what the researchers called "highly palatable, *rewarded / rewarding* snacks". This happened just 90 minutes after they had eaten a meal that supplied them with 90 per cent of their *required / requirement* daily calories.

**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/1603/160303-the-munchies.html>

H\_v\_ y\_\_ \_v\_r w\_nd\_r\_d why y\_\_ \_r\_ h\_ngr\_\_r th\_n  
\_s\_\_l\_ \_f\_ y\_\_ d\_ n\_t g\_t \_ g\_\_d n\_gh\_t's sl\_\_p?  
R\_s\_\_rch\_rs fr\_m th\_ \_n\_v\_rs\_ty \_f Ch\_c\_g\_ s\_y th\_y  
h\_v\_ f\_\_nd \_n\_r\_\_s\_n. Th\_\_r st\_dy r\_v\_\_ls th\_t \_l\_ck  
\_f sl\_\_p m\_k\_s p\_\_pl\_ h\_ngr\_\_r th\_ f\_ll\_w\_ng d\_y.  
Sl\_\_pl\_ssn\_ss r\_l\_\_s\_s ch\_m\_c\_ls \_n th\_ br\_\_n th\_t  
\_nh\_nc\_ th\_ pl\_\_s\_r\_d r\_v\_d fr\_m \_\_t\_ng, wh\_ch \_ls\_  
m\_k\_s \_s \_\_t m\_r\_. W\_ w\_nt t\_ \_\_t f\_\_d th\_t \_s h\_gh  
\_n c\_l\_r\_\_s. Th\_ r\_s\_\_rch\_rs f\_\_nd th\_t sl\_\_p-  
d\_pr\_v\_d p\_\_pl\_ cr\_v\_d cr\_sps, sw\_\_ts \_nd b\_sc\_\_ts  
f\_r m\_r\_ th\_n h\_\_lth\_\_r f\_\_ds. Th\_ r\_s\_\_rch\_rs \_ls\_  
r\_p\_rt\_d th\_t p\_\_pl\_ \_n th\_ st\_dy wh\_ d\_d n\_t g\_t  
\_n\_\_gh sl\_\_p \_t\_\_p t\_ tw\_c\_ \_s m\_ch f\_t c\_nt\_nt \_s  
wh\_n th\_y h\_d sl\_pt f\_r \_\_ght h\_\_rs.

Th\_ st\_dy w\_s c\_nd\_ct\_d \_n 14 m\_l\_ \_nd f\_m\_l\_  
v\_l\_nt\_\_rs \_n th\_\_r tw\_nt\_\_s. Th\_y w\_r\_ \_bs\_rv\_d by  
r\_s\_\_rch\_rs \_n tw\_ d\_ff\_r\_nt s\_t\_\_t\_\_ns. \_n \_n\_, th\_y  
sp\_nt 8.5 h\_\_rs \_n b\_d \_\_ch n\_gh\_t \_nd \_v\_r\_g\_d 7.5  
h\_\_rs \_f sl\_\_p. \_n th\_ \_\_th\_r, th\_y sp\_nt j\_st 4.5 h\_\_rs  
\_n b\_d \_nd \_v\_r\_g\_d 4.2 h\_\_rs \_f sl\_\_p. Th\_  
r\_s\_\_rch\_rs n\_t\_d th\_t \_n th\_ f\_rst s\_t\_\_t\_\_n, th\_  
s\_bj\_cts \_t\_ thr\_\_ m\_\_ls \_d\_y, \_s\_n\_r\_m\_l. H\_w\_v\_r,  
\_n th\_ s\_c\_nd s\_t\_\_t\_\_n, wh\_r\_ th\_y h\_d b\_\_n  
d\_pr\_v\_d \_f sl\_\_p, th\_ v\_l\_nt\_\_rs w\_r\_ \_n\_b\_l\_ t\_  
r\_s\_st wh\_t th\_ r\_s\_\_rch\_rs c\_ll\_d "h\_ghly p\_l\_t\_b\_l\_,  
r\_w\_r\_d\_ng sn\_ck\_s". Th\_s h\_pp\_n\_d j\_st 90 m\_n\_t\_s  
\_ft\_r th\_y h\_d \_\_t\_n \_m\_\_l th\_t s\_ppl\_\_d th\_m w\_th  
90 p\_r\_c\_nt \_f th\_\_r r\_q\_\_r\_d d\_\_ly c\_l\_r\_\_s.

# PUNCTUATE THE TEXT AND ADD CAPITALS

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

have you ever wondered why you are hungrier than usual if you do not get a good night's sleep researchers from the university of chicago say they have found one reason their study reveals that a lack of sleep makes people hungrier the following day sleeplessness releases chemicals in the brain that enhance the pleasure derived from eating which also makes us eat more we want to eat food that is high in calories the researchers found that sleep-deprived people craved crisps sweets and biscuits far more than healthier foods the researchers also reported that people in the study who did not get enough sleep ate up to twice as much fat content as when they had slept for eight hours

the study was conducted on 14 male and female volunteers in their twenties they were observed by researchers in two different situations in one they spent 85 hours in bed each night and averaged 75 hours of sleep in the other they spent just 45 hours in bed and averaged 42 hours of sleep the researchers noted that in the first situation the subjects ate three meals a day as normal however in the second situation where they had been deprived of sleep the volunteers were unable to resist what the researchers called "highly palatable rewarding snacks" this happened just 90 minutes after they had eaten a meal that supplied them with 90 per cent of their required daily calories

# PUT A SLASH ( / ) WHERE THE SPACES ARE

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

Have you ever wondered why you are hungrier than usual if you do not get a good night's sleep? Researchers from the University of Chicago say they have found one reason. Their study reveals that a lack of sleep makes people hungrier the following day. Sleeplessness releases chemicals in the brain that enhance the pleasure derived from eating, which also makes us eat more. We want to eat food that is high in calories. The researchers found that sleep-deprived people craved crisps, sweets and biscuits far more than healthier foods. The researchers also reported that people in the study who did not get enough sleep ate up to twice as much fat content as when they had slept for eight hours. The study was conducted on 14 male and female volunteers in their twenties. They were observed by researchers in two different situations. In one, they spent 8.5 hours in bed each night and averaged 7.5 hours of sleep. In the other, they spent just 4.5 hours in bed and averaged 4.2 hours of sleep. The researchers noted that in the first situation, the subjects ate three meals a day, as normal. However, in the second situation, where they had been deprived of sleep, the volunteers were unable to resist what the researchers called "highly palatable, rewarding snacks". This happened just 90 minutes after they had eaten a meal that supplied them with 90 percent of their required daily calories.







# 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 the munchies. Share what you discover with your partner(s) in the next lesson.

**3. THE MUNCHIES:** Make a poster about the munchies. Show your work to your classmates in the next lesson. Did you all have similar things?

**4. SNACKS:** Write a magazine article about snacks and how we can stop eating them. 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 sleep. Ask him/her three questions about the munchies. Give him/her three ideas on how people can sleep better. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

# ANSWERS

## TRUE / FALSE (p.4)

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

## SYNONYM MATCH (p.4)

- |              |                   |
|--------------|-------------------|
| 1. wondered  | a. asked yourself |
| 2. reason    | b. cause          |
| 3. reveals   | c. shows          |
| 4. enhance   | d. increase       |
| 5. far       | e. a lot          |
| 6. conducted | f. carried out    |
| 7. noted     | g. observed       |
| 8. palatable | h. tasty          |
| 9. supplied  | i. provided       |
| 10. required | j. necessary      |

## COMPREHENSION QUESTIONS (p.8)

1. The University of Chicago
2. One
3. Chemicals
4. High calorie food
5. Sleep-deprived people
6. 14
7. 4.2 hours
8. Three
9. Snacks
10. 90 minutes

## MULTIPLE CHOICE - QUIZ (p.9)

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 ;-)