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**Level 0** – 13th October, 2022

## Eating late at night might be making us sick

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

<https://breakingnewsenglish.com/2210/221013-eating-late-at-night-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/2210/221013-eating-late-at-night-0.html>

Eating late at night is bad for us. We could get sick. A study says it increases the risk of obesity. Researchers said eating late makes us feel two times hungrier, so we eat more. When we eat earlier, we are less hungry, so we eat less. Later eaters eat healthier food. They also move around less, so they do not burn off calories.

Researchers looked at the eating habits of 16 overweight people. They were healthy. They ate regularly and exercised. They did not drink coffee or alcohol. They did not smoke, or take medicine or drugs. They kept a sleep diary so researchers knew their sleeping times. A researcher said it is better to stop eating at night.

Sources: <https://www.medicalnewstoday.com/articles/why-might-eating-late-increase-weight-gain-risk#What-we-eat-is-crucial-to-health>  
<https://www.salon.com/2022/10/09/fasting-and-late-dinners/>  
<https://www.sciencealert.com/eating-late-can-change-how-you-burn-calories-and-store-fat-depressing-study-finds>

# PHRASE MATCHING

From <https://breakingnewsenglish.com/2210/221013-eating-late-at-night-0.html>

## PARAGRAPH ONE:

- |                                |                     |
|--------------------------------|---------------------|
| 1. Eating late at night is bad | a. hungry           |
| 2. We could get                | b. of obesity       |
| 3. it increases the risk       | c. calories         |
| 4. feel two times              | d. sick             |
| 5. we are less                 | e. around less      |
| 6. Later eaters eat            | f. hungrier         |
| 7. They also move              | g. for us           |
| 8. burn off                    | h. unhealthier food |

## PARAGRAPH TWO:

- |                                     |                |
|-------------------------------------|----------------|
| 1. Researchers looked at the eating | a. night       |
| 2. 16 overweight                    | b. smoke       |
| 3. They ate regularly and           | c. sleep diary |
| 4. They did not                     | d. people      |
| 5. They kept a                      | e. is better   |
| 6. researchers knew their sleeping  | f. habits      |
| 7. A researcher said it             | g. times       |
| 8. stop eating at                   | h. exercised   |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2210/221013-eating-late-at-night-0.html>

Eating late (1) \_\_\_\_\_ bad for us. We could get sick. A study (2) \_\_\_\_\_ the risk of obesity. Researchers said eating late (3) \_\_\_\_\_ two times hungrier, (4) \_\_\_\_\_ more. When we eat earlier, (5) \_\_\_\_\_ hungry, so we eat less. Later eaters eat unhealthier food. They also (6) \_\_\_\_\_, so they do not burn off calories.

Researchers looked at (7) \_\_\_\_\_ of 16 overweight people. (8) \_\_\_\_\_. They ate regularly and exercised. They (9) \_\_\_\_\_ coffee or alcohol. They did not smoke, (10) \_\_\_\_\_ or drugs. They kept (11) \_\_\_\_\_ so researchers knew their sleeping times. A researcher said it is better to stop (12) \_\_\_\_\_.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2210/221013-eating-late-at-night-0.html>

Eating late at night is bad for us. We could get sick. A study says it increases the risk of obesity. Researchers said eating late makes us feel two times hungrier, so we eat more. When we eat earlier, we are less hungry, so we eat less. Late eaters eat unhealthy food. They also move around less, so they do not burn off calories. Researchers looked at the eating habits of 160 overweight people. They were healthy. They ate regularly and exercised. They did not drink coffee or alcohol. They did not smoke, or take medicine or drugs. They kept a sleep diary so researchers knew their sleeping times. A researcher said it is better to stop eating at night.

# LATE-NIGHT EATING SURVEY

From <https://breakingnewsenglish.com/2210/221013-eating-late-at-night-0.html>

Write five GOOD questions about late-night eating 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<br>_____ | STUDENT 2<br>_____ | STUDENT 3<br>_____ |
|------|--------------------|--------------------|--------------------|
| 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) \_\_\_\_\_

