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**Level 1** – 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-1.html>

### Contents

The Reading	2
Phrase Matching	3
Listening Gap Fill	4
No Spaces	5
Survey	6
Writing and Speaking	7
Writing	8

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

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# THE READING

From <https://breakingnewsenglish.com/2210/221013-eating-late-at-night-1.html>

Eating late at night is bad for us. It could make us sick. A new study says eating before bedtime increases the risk of obesity. Researchers looked into why eating late increased the risk of weight gain. Eating late makes us feel two times hungrier, so we eat more. When we eat earlier, we are less hungry, so we eat less food. Later eaters also eat healthier food. They also move around less before sleeping, so they do not burn off calories.

Researchers looked at the eating habits of 16 people aged between 25 and 59. They were all overweight or obese, but were healthy. They ate regularly and exercised a little. They did not drink coffee or alcohol, and they did not smoke, or take medicine or drugs. They kept a sleep diary so researchers knew their sleeping times. A researcher said the study is telling us that, "it probably really is beneficial to stop eating late into the 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-1.html>

## PARAGRAPH ONE:

- |                            |                       |
|----------------------------|-----------------------|
| 1. Eating late at night is | a. bedtime            |
| 2. It could make           | b. off calories       |
| 3. eating before           | c. gain               |
| 4. increases the risk      | d. us sick            |
| 5. the risk of weight      | e. of obesity         |
| 6. feel two times          | f. we are less hungry |
| 7. When we eat earlier,    | g. bad for us         |
| 8. they do not burn        | h. hungrier           |

## PARAGRAPH TWO:

- |                                    |                      |
|------------------------------------|----------------------|
| 1. Researchers looked at the       | a. is beneficial     |
| 2. people aged                     | b. obese             |
| 3. overweight or                   | c. into the night    |
| 4. They ate                        | d. times             |
| 5. They kept a sleep               | e. eating habits     |
| 6. researchers knew their sleeping | f. regularly         |
| 7. it probably really              | g. diary             |
| 8. eating late                     | h. between 25 and 59 |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2210/221013-eating-late-at-night-1.html>

Eating late at night is (1) \_\_\_\_\_. It could make us sick. A new study says eating before bedtime increases (2) \_\_\_\_\_ obesity. Researchers looked into why eating late increased the (3) \_\_\_\_\_ gain. Eating late makes us feel two times hungrier, (4) \_\_\_\_\_ more. When we eat earlier, we are less hungry, so we eat less food. Later (5) \_\_\_\_\_ healthier food. They also move around less before sleeping, so they do (6) \_\_\_\_\_ calories.

Researchers looked at (7) \_\_\_\_\_ of 16 people aged between 25 and 59. They (8) \_\_\_\_\_ or obese, but were healthy. They (9) \_\_\_\_\_ exercised a little. They did not drink coffee or alcohol, and they did not (10) \_\_\_\_\_ medicine or drugs. They kept (11) \_\_\_\_\_ so researchers knew their sleeping times. A researcher said the study is telling us that, "it (12) \_\_\_\_\_ beneficial to stop eating late into the night".

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2210/221013-eating-late-at-night-1.html>

Eating late at night is bad for us. It could make us sick. A new study says eating before bedtime increases the risk of obesity. Researchers looked into why eating late increased the risk of weight gain. Eating late makes us feel two times hungrier, so we eat more. When we eat earlier, we are less hungry, so we eat less food. Late eaters also eat unhealthier food. They also move around less before sleeping, so they do not burn off calories. Researchers looked at the eating habits of 16 people aged between 25 and 59. They were all overweight or obese, but were healthy. They ate regularly and exercised a little. They did not drink coffee or alcohol, and they did not smoke, or take medicine or drugs. They kept a sleep diary so researchers knew their sleeping times. A researcher said the study is telling us that, "it probably really is beneficial to stop eating late into the night".

# LATE-NIGHT EATING SURVEY

From <https://breakingnewsenglish.com/2210/221013-eating-late-at-night-4.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 _____	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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More free lessons at [breakingnewsenglish.com](http://breakingnewsenglish.com)

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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) \_\_\_\_\_

