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Level 2 – 13th October, 2022

Eating late at night might be making us sick

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<https://breakingnewsenglish.com/2210/221013-eating-late-at-night-2.html>

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Please try Levels 0, 1 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2210/221013-eating-late-at-night-2.html>

We all know eating late is bad for us. A new study says it could make us sick. Researchers say that eating before bedtime increases the risk of obesity. The researchers are linked to Harvard Medical School in the USA. They looked into why eating late increased the risk of putting on weight. They found that eating late doubles our feeling of hunger, so we eat more. When we eat earlier, we are less hungry, so we eat less food. Later eaters also eat healthier food, especially fast food. They also move around less before sleeping. This means they do not burn off calories.

The study was a small one. Researchers looked at the eating habits of 16 people between the ages of 25 and 59. They all had a high body mass index (BMI). They were all overweight or obese. However, they were in good health. They ate breakfast regularly and exercised a little. Before each test, 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: "I think what the study is telling us is 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-2.html>

PARAGRAPH ONE:

- | | |
|----------------------------|-----------------------|
| 1. We all know eating late | a. we are less hungry |
| 2. it could make | b. off calories |
| 3. increases the risk | c. feeling of hunger |
| 4. the risk of putting | d. us sick |
| 5. eating late doubles our | e. unhealthier food |
| 6. When we eat earlier, | f. is bad for us |
| 7. Later eaters also eat | g. on weight |
| 8. they do not burn | h. of obesity |

PARAGRAPH TWO:

- | | |
|-------------------------------------|-----------------|
| 1. The study was a small | a. health |
| 2. the eating habits | b. mass index |
| 3. a high body | c. diary |
| 4. They were all overweight | d. a little |
| 5. they were in good | e. of 16 people |
| 6. exercised | f. or obese |
| 7. They kept a sleep | g. to stop |
| 8. it probably really is beneficial | h. one |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2210/221013-eating-late-at-night-2.html>

We all know eating late (1) _____ us. A new study says it could make us sick. Researchers say that eating before bedtime increases (2) _____ obesity. The researchers are linked to Harvard Medical School in the USA. They looked (3) _____ late increased the risk of putting on weight. They found that eating (4) _____ feeling of hunger, so we eat more. When we eat earlier, we are less hungry, so we (5) _____. Later eaters also eat healthier food, especially fast food. They also move around less before sleeping. This means they do not (6) _____.

The study (7) _____ one. Researchers looked at the eating habits of 16 people between the ages of 25 and 59. They all had a high body mass index (BMI). They (8) _____ or obese. However, they were in good health. They ate breakfast regularly and (9) _____. Before each test, they did not drink coffee or alcohol, and they did not smoke or take (10) _____. They kept a sleep diary so researchers knew their sleeping times. A researcher said: "I think what the study (11) _____ is that it probably really is beneficial to stop eating (12) _____ night."

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2210/221013-eating-late-at-night-2.html>

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LATE-NIGHT EATING SURVEY

From <https://breakingnewsenglish.com/2210/221013-eating-late-at-night-2.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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WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

