

# 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.freematerials.com/sean\\_banville\\_lessons.html](http://www.freematerials.com/sean_banville_lessons.html)

## **Level 5**

# **Lack of sleep gives you the munchies**

**3rd March, 2016**

<http://www.breakingnewsenglish.com/1603/160303-the-munchies-5.html>

## **Contents**

|                    |   |
|--------------------|---|
| The Reading        | 2 |
| Matching           | 3 |
| Listening Gap Fill | 4 |
| Survey             | 5 |
| Discussion         | 6 |
| Writing            | 7 |

**Please try Level 4 (easier) and the 26-page Level 6 (harder).**

**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 READING

From <http://www.breakingnewsenglish.com/1603/160303-the-munchies-5.html>

Do you ever wonder why you are hungrier than usual if you do not sleep well? Researchers from the University of Chicago say they have found a reason. Their study shows that a lack of sleep makes people hungrier the next day. Sleeplessness releases chemicals in the brain that increase the pleasure of eating, and this makes us eat more, especially food that is high in calories. The researchers found that people who lack sleep crave snacks more than healthier foods. People in the study who did not get enough sleep ate up to twice as much fat content as when they slept for eight hours.

The study was conducted on 14 volunteers in their twenties. Researchers created two different situations. In one, the volunteers 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 sleep. In the first situation, the subjects ate three meals a day. However, in the second situation, the volunteers could not resist "highly palatable, rewarding snacks". This happened just 90 minutes after they had eaten a meal that gave them 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>

# MATCHING

From <http://www.breakingnewsenglish.com/1603/160303-the-munchies-5.html>

## PARAGRAPH ONE:

- |                                     |                       |
|-------------------------------------|-----------------------|
| 1. you are hungrier than            | a. of sleep           |
| 2. they have found a                | b. in the brain       |
| 3. a lack                           | c. much fat content   |
| 4. Sleeplessness releases chemicals | d. snacks             |
| 5. increase the                     | e. for eight hours    |
| 6. people who lack sleep crave      | f. pleasure of eating |
| 7. up to twice as                   | g. usual              |
| 8. they slept                       | h. reason             |

## PARAGRAPH TWO:

- |                                   |                          |
|-----------------------------------|--------------------------|
| 1. The study was conducted        | a. rewarding snacks      |
| 2. Researchers created two        | b. three meals a day     |
| 3. averaged                       | c. eaten a meal          |
| 4. the subjects ate               | d. 7.5 hours of sleep    |
| 5. the volunteers could not       | e. on 14 volunteers      |
| 6. highly palatable,              | f. calories              |
| 7. just 90 minutes after they had | g. resist                |
| 8. daily                          | h. different situations. |

# LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1603/160303-the-munchies-5.html>

Do you (1) \_\_\_\_\_ you are hungrier than usual if you do not sleep well? Researchers from the University of Chicago say they have found a reason. Their study shows (2) \_\_\_\_\_ sleep makes people hungrier the next day. Sleeplessness releases chemicals in the brain that increase (3) \_\_\_\_\_ eating, and this makes us eat more, especially food that is (4) \_\_\_\_\_. The researchers found that people who lack (5) \_\_\_\_\_ more than healthier foods. People in the study who did not get enough sleep ate up to twice as much (6) \_\_\_\_\_ when they slept for eight hours.

The study was conducted (7) \_\_\_\_\_ in their twenties. Researchers created two (8) \_\_\_\_\_. In one, the volunteers spent 8.5 hours in bed each night and (9) \_\_\_\_\_ of sleep. In the other, they spent just 4.5 hours in bed and averaged 4.2 hours sleep. In the first situation, (10) \_\_\_\_\_ three meals a day. However, in the second situation, the volunteers could not resist "(11) \_\_\_\_\_, rewarding snacks". This happened just 90 minutes after they had eaten a meal that gave them 90 per cent (12) \_\_\_\_\_ daily calories.

# THE MUNCHIES SURVEY

From <http://www.breakingnewsenglish.com/1603/160303-the-munchies-5.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<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)

---

g)

---

h)

---

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

---

# WRITE QUESTIONS & ASK YOUR PARTNER(S)

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

a)

---

b)

---

c)

---

d)

---

e)

---

f)

---

g)

---

h)

---

