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Ready-to-Use English Lessons by Sean Banville

Level 3 – 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.html

Contents

Please try Levels 0, 1 and 2 (they are easier).

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THE ARTICLE

Many of us know that eating late is bad. A new study says that eating late at night could make us sick. Researchers say that eating a few hours before bed means there is a higher risk of obesity. The researchers are from Brigham and Women's Hospital, which is a teaching university linked to Harvard Medical School in the USA. The research team looked into why eating late increased the risk of gaining weight. It found that eating late increases hunger by as much as two times, so we eat more. When we eat earlier, we are less hungry, so we eat less food. Later eaters also eat unhealthier food, especially fast food. Finally, late eaters move around less before sleeping. This means they do not burn off calories.

The study was a small scale one. The researchers looked at the eating habits of five women and 11 men between the ages of 25 and 59. All of the participants had a high body mass index (BMI). They were all in the overweight or obesity BMI range. All of the people were in good health. They ate breakfast regularly and exercised a little. For two weeks before each test, the participants did not drink coffee or alcohol. They also did not smoke or take any medicine or drugs. They all had to keep a sleep diary so researchers knew their sleeping and waking times. Researcher Professor Kelly C. Allison 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

WARM-UPS

1. LATE-NIGHT EATING: Students walk around the class and talk to other students about late-night eating. 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?

eating / late night / bed / risk / obesity / gaining weight / hunger / fast food / calories study / researchers / habits / BMI / breakfast / test / alcohol / coffee / sleep / diary

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

3. DINNER DEADLINE: Students A **strongly** believe there should be a deadline of 7 pm for eating dinner; Students B **strongly** believe otherwise. Change partners again and talk about your conversations.

4. OBESITY: How can these things help people with obesity? Do you think they work? Complete this table with your partner(s). Change partners often and share what you wrote.

	How It Helps	**Does It Work?**
Education		
Exercise		
Smartphones		
Diet		
Sleep		
Surgery		

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

6. FOOD: Rank these with your partner. Put the worst food at the top. Change partners often and share your rankings.

- Chocolate
- Burgers
- French fries
- Pizza

- Cream cake
- Doughnuts
- Potato chips
- Hot dogs

VOCABULARY MATCHING

Paragraph 1

1. risk

a. The energy value of food.

2. obesity

b. A situation where there is danger.

3. linked

c. Increasing the amount or rate of something, often weight or speed.

4. increased

d. The state of being really fat or overweight.

5. gaining

e. Became or make greater in size, amount, or degree.

6. hunger

f. A relationship or connection between two things or situations.

7. calories

g. An uncomfortable feeling because of having no food, and the strong desire to eat.

Paragraph 2

8. scale

h. The relative size of something.

9. habit

i. Resulting in good things happening.

10. participant

j. The regular pattern of the things you do every day.

11. index

k. At similar breaks of time.

12. range

l. A person who takes part in something.

13. regularly

m. A number system that shows how big, cold, important, etc. something is.

14. beneficial

n. The area of difference between upper and lower limits.

BEFORE READING / LISTENING

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

1.   The article says we all know that eating late at night is bad for us.   **T / F**
2.   Eating before bedtime could increase the risk of obesity.   **T / F**
3.   We are three times hungrier late at night.   **T / F**
4.   People who eat late at night move around less.   **T / F**
5.   Researchers did tests on 60 people aged between 25 and 59.   **T / F**
6.   All of the people in the research were average weight or slim.   **T / F**
7.   Some of the participants smoked and drank alcohol.   **T / F**
8.   A professor advised people to think about not eating late at night.   **T / F**

2. SYNONYM MATCH: (The words in **bold** are from the news article.)

1.	**sick**	a.	routines
2.	**risk**	b.	consume
3.	**linked**	c.	putting on
4.	**gaining**	d.	likely
5.	**especially**	e.	chance
6.	**habits**	f.	useful
7.	**drink**	g.	particularly
8.	**diary**	h.	ill
9.	**probably**	i.	journal
10.	**beneficial**	j.	connected

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

1.	there is a higher	a.	two times
2.	eating late increased the risk	b.	index
3.	increases hunger by as much as	c.	off calories
4.	When we eat earlier,	d.	habits of five women
5.	This means they do not burn	e.	scale one
6.	The study was a small	f.	drink coffee
7.	researchers looked at the eating	g.	risk of obesity
8.	a high body mass	h.	to stop
9.	the participants did not	i.	of gaining weight
10.	it probably really is beneficial	j.	we are less hungry

GAP FILL

Many of us (1) _____ that eating late is bad. A new study says that eating late at night could make us sick. Researchers say that eating a (2) _____ hours before bed means there is a higher risk of obesity. The researchers are from Brigham and Women's Hospital, which is a teaching university (3) _____ to Harvard Medical School in the USA. The research team looked into why eating late increased the (4) _____ of gaining weight. It found that eating late increases hunger by as much as two (5) _____, so we eat more. When we eat earlier, we are less (6) _____, so we eat less food. Later eaters also eat unhealthier food, especially (7) _____ food. Finally, late eaters move around less before sleeping. This means they do not burn off (8) _____.

linked

hungry

calories

know

times

few

risk

fast

The study was a small scale (9) _____. The researchers looked at the eating (10) _____ of five women and 11 men between the ages of 25 and 59. All of the participants had a high body mass (11) _____ (BMI). They were all in the overweight or obesity BMI (12) _____. All of the people were in good health. They ate breakfast regularly and exercised a little. For two weeks before each (13) _____, the participants did not drink coffee or alcohol. They also did not (14) _____ or take any medicine or drugs. They all had to keep a sleep (15) _____ so researchers knew their sleeping and waking times. Researcher Professor Kelly C. Allison said: "I think what the study is telling us is that it probably really is (16) _____ to stop eating late into the night."

index

test

habits

beneficial

range

diary

one

smoke

LISTENING – Guess the answers. Listen to check.

1) eating a few hours before bed means there is a higher _____
   a. risk of O.B city
   b. risk of obese city
   c. risk of obese
   d. risk of obesity

2) The research team looked into why eating late increased the risk _____
   a. of gain in weight
   b. of gaining wait
   c. of gaining weight
   d. of gaining waif

3) It found that eating late increases hunger by as much _____
   a. as tomb times
   b. as toot times
   c. as too time
   d. as two times

4) Later eaters also eat unhealthier food, _____
   a. especially fast food
   b. especially past food
   c. especially last food
   d. especially haste food

5) This means they do not _____
   a. burnt off calories
   b. burns off calories
   c. burn off calories
   d. burr off calories

6) The study was a small scale one. The researchers looked at _____
   a. the eating habits
   b. the eating rabbits
   c. the eating cabbage
   d. the eating hazards

7) All of the participants had a high _____
   a. body mass index
   b. body mast index
   c. body amass index
   d. body mace index

8) They also did not smoke or take any _____
   a. medicine or drugs
   b. medicinal or drugs
   c. medicinal drugs
   d. medic seen or drugs

9) They all had to keep a sleep diary so researchers knew their sleeping _____
   a. and awaking times
   b. and waking times
   c. and awaken times
   d. and wake in times

10) I think what the study is telling us is that it probably _____
   a. really is beneficiary
   b. really is benefits all
   c. really is beneficial
   d. really is beneficially

LISTENING – Listen and fill in the gaps

Many (1) _____ that eating late is bad. A new study says that eating late at night could make us sick. Researchers say that eating a few hours before bed means there is a (2) _____ obesity. The researchers are from Brigham and Women's Hospital, (3) _____ teaching university linked to Harvard Medical School in the USA. The research team looked into why eating late increased the risk of gaining weight. It found that eating late increases (4) _____ much as two times, so we eat more. When we eat earlier, we are less hungry, so we eat less food. Later (5) _____ unhealthier food, especially fast food. Finally, late eaters move around less before sleeping. This means they do not (6) _____.

The study was a (7) _____. The researchers looked at the eating habits of five women and 11 men between the ages of 25 and 59. All of the participants (8) _____ body mass index (BMI). They were all in the overweight or obesity BMI range. All of the people (9) _____ health. They ate breakfast regularly and exercised a little. For two weeks before each test, the participants did not drink coffee or alcohol. They also did not smoke (10) _____ medicine or drugs. They all had to (11) _____ diary so researchers knew their sleeping and waking times. Researcher Professor Kelly C. Allison said: "I think what the study is telling us is that it probably really (12) _____ stop eating late into the night."

COMPREHENSION QUESTIONS

1. Who knows that eating late at night is bad for us?

2. What school is Brigham and Women's Hospital linked to?

3. How much hungrier are people late at night?

4. What kind of food do people eat late at night?

5. What is it difficult to burn off late at night?

6. How big was the study?

7. How old were the participants?

8. How often did the participants eat breakfast?

9. What kind of diary did the participants have to keep?

10. What did a professor say it was beneficial to do?

MULTIPLE CHOICE - QUIZ

1) Who knows that eating late at night is bad for us?
a) healthier people
b) obese people
c) everyone
d) most of us

2) What school is Brigham and Women's Hospital linked to?
a) MIT
b) Harvard Medical School
c) London School of Economics
d) high school

3) How much hungrier are people late at night?
a) a little
b) a lot
c) two times hungrier
d) 10 times hungrier

4) What kind of food do people eat late at night?
a) unhealthy food (or fast food)
b) cakes
c) pizza and hot dogs
d) cereal

5) What is it difficult to burn off late at night?
a) sweat
b) sleep
c) calories
d) fat

6) How big was the study?
a) huge
b) a small one
c) the biggest ever
d) medium sized

7) How old were the participants?
a) between 26 and 59 years old
b) between 25 and 58 years old
c) between 24 and 57 years old
d) between 25 and 59 years old

8) How often did the participants eat breakfast?
a) regularly
b) occasionally
c) once in a blue moon
d) every now and then

9) What kind of diary did the participants have to keep?
a) a secret diary
b) a daily diary
c) a sleep diary
d) a dietary diary

10) What did a professor say it was beneficial to do?
a) eat salad for lunch
b) stop eating late at night
c) sleep before 9 pm
d) exercise in the afternoon

ROLE PLAY

Role A – Chocolate

You think chocolate is the worst food. Tell the others three reasons why. Tell them what is wrong with their food. Also, tell the others which is the least bad of these (and why): French fries, doughnuts or potato chips.

Role B – French Fries

You think French fries are the worst food. Tell the others three reasons why. Tell them what is wrong with their food. Also, tell the others which is the least bad of these (and why): chocolate, doughnuts or potato chips.

Role C – Doughnuts (Donuts)

You think doughnuts are the worst food. Tell the others three reasons why. Tell them what is wrong with their food. Also, tell the others which is the least bad of these (and why): French fries, chocolate or potato chips.

Role D – Potato Chips (Crisps)

You think potato chips are the worst food. Tell the others three reasons why. Tell them what is wrong with their food. Also, tell the others which is the least bad of these (and why): French fries, doughnuts or chocolate.

AFTER READING / LISTENING

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

eat	night

- 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:

• many	• small
• before	• 59
• linked	• little
• times	• drink
• fast	• keep
• burn	• probably

LATE-NIGHT EATING SURVEY

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.

LATE-NIGHT EATING DISCUSSION

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

1. What did you think when you read the headline?

2. What images are in your mind when you hear the word 'eat'?

3. What do you think of eating late at night?

4. What is the best time to have dinner?

5. Are your meal times always regular?

6. What's the healthiest thing to eat at night?

7. What's wrong with eating before sleeping?

8. How can people stop becoming obese?

9. What do you think of fast food?

10. Why do people eat late at night?

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LATE-NIGHT EATING DISCUSSION

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

11. Did you like reading this article? Why/not?

12. What do you think of when you hear the word 'sick'?

13. What do you think about what you read?

14. What do you know about the BMI?

15. Do you ever have problems with your weight?

16. Do you have good sleeping habits?

17. What advice do you have for people who eat late?

18. What do you think of never eating after 6 pm?

19. Do you have a favourite late-night snack?

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. _____

DISCUSSION (Write your own questions)

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

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

LANGUAGE - CLOZE

Many of us know (1) _____ eating late is bad. A new study says that eating late at night could make us sick. Researchers say that eating a (2) _____ hours before bed means there is a higher risk of obesity. The researchers are from Brigham and Women's Hospital, which is a teaching university linked (3) _____ Harvard Medical School in the USA. The research team looked into why eating late increased the risk of (4) _____ weight. It found that eating late increases hunger by as much as two (5) _____, so we eat more. When we eat earlier, we are less hungry, so we eat less food. Later eaters also eat unhealthier food, especially fast food. Finally, late eaters move around less before sleeping. This means they do not burn (6) _____ calories.

The study was a small scale (7) _____. The researchers looked at the eating habits of five women and 11 men between the ages of 25 and 59. All of the participants had a high body mass (8) _____ (BMI). They were all in the overweight or obesity BMI range. All of the people were in good health. They ate breakfast (9) _____ and exercised a little. For two weeks before each test, the participants did not drink coffee (10) _____ alcohol. They also did not smoke or take any medicine or drugs. They all had to keep a sleep (11) _____ so researchers knew their sleeping and waking times. Researcher Professor Kelly C. Allison said: "I think what the study is telling us is that it probably really is beneficial to stop eating late (12) _____ the night."

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

1.	(a)	what	(b)	this	(c)	that	(d)	them
2.	(a)	few	(b)	several	(c)	some	(d)	many
3.	(a)	to	(b)	in	(c)	on	(d)	of
4.	(a)	gaining	(b)	grinning	(c)	grainy	(d)	groaning
5.	(a)	pluses	(b)	times	(c)	multiplies	(d)	divides
6.	(a)	under	(b)	on	(c)	over	(d)	off
7.	(a)	once	(b)	only	(c)	one	(d)	ones
8.	(a)	imbalance	(b)	illness	(c)	inner	(d)	index
9.	(a)	regularly	(b)	regular	(c)	regulars	(d)	regulate
10.	(a)	with	(b)	or	(c)	in	(d)	nor
11.	(a)	day	(b)	diary	(c)	dairy	(d)	daily
12.	(a)	onto	(b)	unto	(c)	into	(d)	as to

SPELLING

Paragraph 1

1. a higher risk of <u>besioty</u>

2. eating late <u>ciaersned</u> the risk

3. gaining <u>eiwhgt</u>

4. we are less <u>uhgnry</u>

5. eat <u>lheunhtaier</u> food

6. they do not burn off <u>aocirles</u>

Paragraph 2

7. The study was a small <u>sacle</u> one

8. All of the <u>crtpaapinits</u>

9. a high body mass <u>dniex</u>

10. They ate breakfast <u>eglrrauly</u>

11. <u>dmcieine</u> or drugs

12. <u>neifbceail</u> to stop eating late

PUT THE TEXT BACK TOGETHER

Number these lines in the correct order.

(   )   food. Finally, late eaters move around less before sleeping. This means they do not burn off calories.

(   )   The study was a small scale one. The researchers looked at the eating habits of five women and 11 men

(   )   increases hunger by as much as two times, so we eat more. When we eat earlier, we are less

(   )   hungry, so we eat less food. Later eaters also eat unhealthier food, especially fast

(**1**)   Many of us know that eating late is bad. A new study says that eating late at night could make us sick. Researchers

(   )   say that eating a few hours before bed means there is a higher risk of obesity. The researchers are

(   )   what the study is telling us is that it probably really is beneficial to stop eating late into the night."

(   )   regularly and exercised a little. For two weeks before each test, the participants did not drink coffee or alcohol. They also

(   )   overweight or obesity BMI range. All of the people were in good health. They ate breakfast

(   )   between the ages of 25 and 59. All of the participants had a high body mass index (BMI). They were all in the

(   )   team looked into why eating late increased the risk of gaining weight. It found that eating late

(   )   so researchers knew their sleeping and waking times. Researcher Professor Kelly C. Allison said: "I think

(   )   did not smoke or take any medicine or drugs. They all had to keep a sleep diary

(   )   from Brigham and Women's Hospital, which is a teaching university linked to Harvard Medical School in the USA. The research

PUT THE WORDS IN THE RIGHT ORDER

1. is We late bad . eating that know all

2. eat earlier, less hungry . When we we are

3. food, eat also like Later eaters unhealthier fast food .

4. late move Finally, less around eaters before sleeping .

5. do they This not means off burn calories .

6. at Researchers eating the looked habits of women .

7. of the people were in All good health .

8. participants drink not did coffee The or alcohol .

9. all to They a keep had sleep diary .

10. eating stop Beneficial late to the into night

CIRCLE THE CORRECT WORD (20 PAIRS)

Many of us know that eating *lately / late* is bad. A new study says that eating late at night could make us sick. Researchers say that eating a few hours before bed means there is a higher *risky / risk* of obesity. The researchers are from Brigham and Women's Hospital, which is a *taught / teaching* university linked to Harvard Medical School in the USA. The research team looked into *why / what* eating late increased the risk of *gaining / gain* weight. It found that eating late increases hunger by *that / as* much as two times, so we eat *more / many*. When we eat earlier, we are less *hungry / hunger*, so we eat less food. Later eaters also eat unhealthier food, especially *fast / faster* food. Finally, late eaters move around less before sleeping. This means they do not burn *on / off* calories.

The study was a small scale *once / one*. The researchers looked at the eating *habits / habitual* of five women and 11 men between the ages of 25 and 59. All of the participants had a high body *mass / massive* index (BMI). They were all in the overweight or obesity BMI range. All of *them / the* people were in good health. They ate breakfast *regularly / regular* and exercised a little. For two weeks before *each / all* test, the participants did not drink coffee or alcohol. They also did not *smooch / smoke* or take any medicine or drugs. They all had to keep a *sleepy / sleep* diary so researchers knew their sleeping and waking times. Researcher Professor Kelly C. Allison said: "I think what the study is telling us is *what / that* it probably really is beneficial to stop eating late *into / onto* the night."

Talk about the connection between each pair of words in italics, and why the correct word is correct. Look up the definition of new words.

INSERT THE VOWELS (a, e, i, o, u)

M_ny _f _s kn_w th_t __t_ng l_t_ _s b_d. _ n_w
st_dy s_ys th_t __t_ng l_t_ _t n_ght c__ld m_k_ _s
s_ck. R_s__rch_rs s_y th_t __t_ng _ f_w h__rs b_f_r_
b_d m__ns th_r_ _s _ h_gh_r r_sk _f _b_s_ty. Th_
r_s__rch_rs _r_ fr_m Br_gh_m _nd W_m_n's H_sp_t_l,
wh_ch _s _ t__ch_ng _n_v_rs_ty l_nk_d t_ H_rv_rd
M_d_c_l Sch__l _n th_ _S_. Th_ r_s__rch t__m l__k_d
_nt_ why __t_ng l_t_ _ncr__s_d th_ r_sk _f g__n_ng
w__ght. _t f__nd th_t __t_ng l_t_ _ncr__s_s h_ng_r by
_s m_ch _s tw_ t_m_s, s_ w_ __t m_r_. Wh_n w_ __t
__rl__r, w_ _r_ l_ss h_ngry, s_ w_ __t l_ss f__d.
L_t_r __t_rs _ls_ __t _nh__lth__r f__d, _sp_c__lly f_st
f__d. F_n_lly, l_t_ __t_rs m_v_ _r__nd l_ss b_f_r_
sl__p_ng. Th_s m__ns th_y d_ n_t b_rn _ff c_l_r__s.

Th_ st_dy w_s _ sm_ll sc_l_ _n_. Th_ r_s__rch_rs
l__k_d _t th_ __t_ng h_b_ts _f f_v_ w_m_n _nd 11
m_n b_tw__n th_ _g_s _f 25 _nd 59. _ll _f th_
p_rt_c_p_nts h_d _ h_gh b_dy m_ss _nd_x (BM_). Th_y
w_r_ _ll _n th_ _v_rw__ght _r _b_s_ty BM_ r_ng_. _ll
_f th_ p__pl_ w_r_ _n g__d h__lth. Th_y _t_ br__kf_st
r_g_l_rly _nd _x_rc_s_d _ l_ttl_. F_r tw_ w__ks b_f_r_
__ch t_st, th_ p_rt_c_p_nts d_d n_t dr_nk c_ff__ _r
_lc_h_l. Th_y _ls_ d_d n_t sm_k_ _r t_k_ _ny
m_d_c_n_ _r dr_gs. Th_y _ll h_d t_ k__p _ sl__p
d__ry s_ r_s__rch_rs kn_w th__r sl__p_ng _nd w_k_ng
t_m_s. R_s__rch_r Pr_f_ss_r K_lly C. _ll_s_n s__d: "_
th_nk wh_t th_ st_dy _s t_ll_ng _s _s th_t _t
pr_b_bly r__lly _s b_n_f_c__l t_ st_p __t_ng l_t_ _nt_
th_ n_ght."

PUNCTUATE THE TEXT AND ADD CAPITALS

Many of us know that eating late is bad. A new study says that eating late at night could make us sick. Researchers say that eating a few hours before bed means there is a higher risk of obesity. The researchers are from Brigham and Womens Hospital which is a teaching university linked to Harvard Medical School in the USA. The research team looked into why eating late increased the risk of gaining weight. It found that eating late increases hunger by as much as two times so we eat more. When we eat earlier we are less hungry so we eat less food. Later eaters also eat unhealthier food especially fast food. Finally late eaters move around less before sleeping. This means they do not burn off calories.

The study was a small scale one. The researchers looked at the eating habits of five women and 11 men between the ages of 25 and 59. All of the participants had a high body mass index bmi. They were all in the overweight or obesity bmi range. All of the people were in good health. They ate breakfast regularly and exercised a little. For two weeks before each test the participants did not drink coffee or alcohol. They also did not smoke or take any medicine or drugs. They all had to keep a sleep diary so researchers knew their sleeping and waking times. Researcher professor kelly c allison said i think what the study is telling us is that it probably really is beneficial to stop eating late into the night.

PUT A SLASH (/) WHERE THE SPACES ARE

Manyofusknowthateatinglateisbad.Anewstudysaysthateatinglateat nightcouldmakeussick.Researcherssaythateatingafewhoursbeforeb edmeansthereisahigherriskofobesity.TheresearchersarefromBrigh amandWomen'sHospital,whichisateachinguniversitylinkedtoHarvar dMedicalSchoolintheUSA.Theresearchteamlookedintowhyeatinglat eincreasedtheriskofgainingweight.Itfoundthateatinglateincreasesh ungerbyasmuchastwotimes,soweeatmore.Whenweeatearlier,wear elesshungry,soweeatlessfood.Latereatersalsoeatunhealthierfood,e speciallyfastfood.Finally,lateeatersmovearoundlessbeforesleeping. Thismeanstheydonotburnoffcalories.Thestudywasasmallscaleone.T heresearcherslookedattheeatinghabitsoffivewomenand11menbetw eentheagesof25and59.Alloftheparticipantshadahighbodymassinde x(BMI).TheywereallintheoverweightorobesityBMIrange.Allofthepeo plewereingoodhealth.Theyatebreakfastregularlyandexercisedalittle .Fortwoweeksbeforeeachtest,theparticipantsdidnotdrinkcoffeeoralc ohol.Theyalsodidnotsmokeortakeanymedicineordrugs.Theyallhadt okeepasleepdiarysoresearchersknewtheirsleepingandwakingtimes. ResearcherProfessorKellyC.Allisonsaid:"Ithinkwhatthestudyistellin gusisthatitprobablyreallyisbeneficialtostopeatinglateintothenight."

FREE WRITING

Write about **late-night eating** for 10 minutes. Comment on your partner's paper.

ACADEMIC WRITING

No one should eat after 8 pm. Discuss.

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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 this news story. Share what you discover with your partner(s) in the next lesson.

3. LATE-NIGHT EATING: Make a poster about late-night eating. Show your work to your classmates in the next lesson. Did you all have similar things?

4. EARLY-CLOSING RESTAURANTS: Write a magazine article about restaurants closing earlier so people are healthier. 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 late-night eating. Ask him/her three questions about it. Give him/her three of your ideas on how we can all eat earlier. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

| 1. | b | 2. | d | 3. | f | 4. | e | 5. | c | 6. | g | 7. | a |
| 8. | h | 9. | j | 10. | l | 11. | m | 12. | n | 13. | k | 14. | i |

TRUE / FALSE (p.5)

| 1 | F | 2 | T | 3 | F | 4 | T | 5 | F | 6 | F | 7 | F | 8 | T |

SYNONYM MATCH (p.5)

1. h	2. e	3. j	4. c	5. g
6. a	7. b	8. i	9. d	10. f

COMPREHENSION QUESTIONS (p.9)

1. Most of us
2. Harvard Medical School
3. Two times hungrier
4. Unhealthy food (or fast food)
5. Calories
6. A small one
7. Between 25 and 59 years old
8. Regularly
9. A sleep diary
10. Stop eating late into the night

WORDS IN THE RIGHT ORDER (p.19)

1. We all know that eating late is bad.
2. When we eat earlier, we are less hungry.
3. Later eaters also eat unhealthier food, like fast food.
4. Finally, late eaters move around less before sleeping.
5. This means they do not burn off calories.
6. Researchers looked at the eating habits of women.
7. All of the people were in good health.
8. The participants did not drink coffee or alcohol.
9. They all had to keep a sleep diary.
10. Beneficial to stop eating late into the night.

MULTIPLE CHOICE - QUIZ (p.10)

| 1. | d | 2. | b | 3. | c | 4. | a | 5. | c | 6. | b | 7. | d | 8. | a | 9. | c | 10. | b |

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)