

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

**Thousands more free lessons
from Sean's other websites**

www.freematerials.com/sean_banville_lessons.html

Level 0

Jet-lag drug is a step closer

7th October, 2013

<http://www.breakingnewsenglish.com/1310/131007-jet-lag-0.html>

Contents

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

Please try Levels 1, 2 and 3. They are (a little) harder.

Twitter



twitter.com/SeanBanville

Facebook



www.facebook.com/pages/BreakingNewsEnglish/155625444452176

Google +



plus.google.com/110990608764591804698/posts

THE READING

From <http://www.breakingnewsenglish.com/1310/131007-jet-lag-0.html>

People who fly hate jet lag. It lasts for three days. Flying across time zones changes our body clock. We can be awake at 3.00am but sleepy at 3.00pm. Researchers are making a new drug. It helps to end jet lag in 24 hours. The researchers found the body's "reset button". New drugs could "press" the reset button and end jet lag.

The drug could also help night workers, pilots and cabin crew. They would not get stressed with no sleep. It could also help people who cannot sleep. Jet lag happens after changing three time zones. Some people get it after one time zone. Jet lag is not so old. It started after people began flying in jet airplanes.

Sources: http://www.huffingtonpost.co.uk/2013/10/04/jet-lag-body-clock-adjust-time-zones_n_4042918.html
<http://www.independent.co.uk/news/science/a-cure-for-jetlag-scientists-discover-body-clock-reset-button-8858326.html>
http://en.wikipedia.org/wiki/Jet_lag

VOCABULARY MATCHING

From <http://www.breakingnewsenglish.com/1310/131007-jet-lag-0.html>

PARAGRAPH ONE:

- | | |
|---------------------------------|----------------------|
| 1. People who fly hate | a. for three days |
| 2. It lasts | b. making a new drug |
| 3. Flying across | c. at 3.00am |
| 4. changes our body | d. jet lag |
| 5. We can be awake | e. in 24 hours |
| 6. Researchers are | f. time zones |
| 7. It helps to end jet lag | g. end jet lag |
| 8. "press" the reset button and | h. clock |

PARAGRAPH TWO:

- | | |
|----------------------------|------------------------------|
| 1. pilots and | a. cannot sleep |
| 2. They would not get | b. not so old |
| 3. help people who | c. it after one time zone |
| 4. Jet lag happens after | d. cabin crew |
| 5. Some people get | e. airplanes |
| 6. Jet lag is | f. began flying |
| 7. It started after people | g. changing three time zones |
| 8. jet | h. stressed |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1310/131007-jet-lag-0.html>

People (1) _____ jet lag. It lasts for three days.

Flying across time (2) _____ body clock. We

can be awake at 3.00am (3) _____ 3.00pm.

Researchers (4) _____ new drug. It helps to

end jet lag (5) _____. The researchers found

the body's "reset button". New drugs could

(6) _____ button and end jet lag.

The drug (7) _____ night workers, pilots and

cabin crew. They would (8) _____ with no

sleep. It could also help people (9) _____. Jet

lag happens (10) _____ three time zones.

Some people get it after (11) _____. Jet lag is

not so old. It started after people (12) _____

jet airplanes.

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1310/131007-jet-lag-0.html>

People who fly hate jet lag. It lasts for three days. Flying across time zones
exchanges our body clock. We can be awake at 3.00 am but sleep at 3.00
pm. Researchers are making a new drug. It helps to end jet lag in 24 hours.
The researchers found the body's "reset button". New drugs could
"press" the reset button and end jet lag. The drug could also help night
workers, pilots and cabin crew. They would not get stressed with no sleep.
It could also help people who cannot sleep. Jet lag happens after changing
three time zones. Some people get it after one time zone. Jet lag is not
so old. It started after people began flying in jet airplanes.

WRITE QUESTIONS & ASK YOUR PARTNER(S)

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

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

Jet-lag drug is a step closer – 7th October, 2013
More free lessons at 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) _____

