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Level 3

Jet-lag drug is a step closer

7th October, 2013

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

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

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THE ARTICLE

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

Everybody who flies long distances hates jet lag. Traveling across different time zones upsets your body clock. People can have jet lag for three or four days after getting off the airplane. You can be wide awake at 3.00am and ready for bed after lunch. That might soon be over. Researchers from Kyoto University in Japan are close to making a drug for jet lag. They said the drug can help people change to a new time zone in just 24 hours. Head researcher Yoshiaki Yamaguchi said his team has found the body's "reset button" in the brain. This controls how the body adjusts to changing sleep patterns. New drugs could "press" the reset button to make jet lag less troublesome.

The jet-lag drug could also have other health benefits. People who work different shifts and night workers could take the drug. This means these workers will not be so stressed from working at irregular or unsociable hours. Airline pilots and cabin crew could be among those who most benefit from the new drug. The drug might also be useful for people with insomnia (the inability to sleep). Wikipedia says jet lag usually happens after a change of three time zones or more. Some people get it after just a single time zone difference. It usually takes one day to recover from crossing one time zone. Jet lag is only a few decades old. It happened after people started 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

WARM-UPS

1. JET LAG: Students walk around the class and talk to other students about jet lag. Change partners often and share your findings.

2. CHAT: In pairs / groups, decide which of these topics or words from the article are most interesting and which are most boring.

long distances / time zones / body clock / airplane / ready for bed / reset button / health benefits / night workers / unsociable hours / cabin crew / insomnia / flying

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

3. NEW DRUGS: How could these "new" drugs help us? Complete this table with your partner(s). Change partners often and share what you wrote.

Drug for...	Name	Health benefits
studying		
love		
sweating		
confidence		
English		
driving		

4. BODY CLOCK: Students A **strongly** believe drugs that change our body clock are bad; Students B **strongly** believe they are good. Change partners again and talk about your conversations.

5. FLYING: Rank these and share your rankings with your partner. Put the worst things about flying at the top. Change partners often and share your rankings.

- jet lag
- airports
- packing
- turbulence
- other passengers
- airplane food
- waiting at immigration
- legroom

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

BEFORE READING / LISTENING

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

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

- | | |
|---|-------|
| a. The article says half of people who fly have a strong dislike for jet lag. | T / F |
| b. Your body clock is upset by changing time zones. | T / F |
| c. Researchers say a new drug could make jet lag go away in a day. | T / F |
| d. The body's "reset button" is at the back of your neck, in the middle. | T / F |
| e. The new drug could help people who work at unsociable times. | T / F |
| f. Insomniacs could find the drug useful. | T / F |
| g. You cannot get jet lag from crossing one time zone. | T / F |
| h. Jet lag is hundreds of years old. | T / F |

2. SYNONYM MATCH: Match the following synonyms from the article.

- | | |
|----------------|------------------|
| 1. hates | a. sleeplessness |
| 2. upsets | b. get better |
| 3. close | c. confuses |
| 4. adjusts | d. loathes |
| 5. troublesome | e. advantages |
| 6. benefits | f. annoying |
| 7. unsociable | g. two or three |
| 8. insomnia | h. changes |
| 9. recover | i. unfriendly |
| 10. a few | j. near |

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

- | | |
|---|----------------------------------|
| 1. Everybody who flies long | a. and night workers |
| 2. Traveling across different time | b. make jet lag less troublesome |
| 3. wide awake at 3.00am and ready | c. (the inability to sleep) |
| 4. his team has found the body's | d. zones upsets your body clock |
| 5. "press" the reset button to | e. time zone difference |
| 6. People who work different shifts | f. distances hates jet lag |
| 7. irregular or | g. "reset button" in the brain |
| 8. useful for people with insomnia | h. flying in jet airplanes |
| 9. Some people get it after just a single | i. for bed after lunch |
| 10. It happened after people started | j. unsociable hours |

GAP FILL

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

Everybody who flies long (1) _____ hates jet lag. Traveling across different time zones (2) _____ your body clock. People can have jet lag for three or four days after getting off the airplane. You can be (3) _____ awake at 3.00am and ready for bed after lunch. That might soon be (4) _____. Researchers from Kyoto University in Japan are close to (5) _____ a drug for jet lag. They said the drug can help people change to a new time zone in just 24 hours. Head researcher Yoshiaki Yamaguchi said his team has found the body's "reset button" in the (6) _____. This controls how the body (7) _____ to changing sleep patterns. New drugs could "press" the reset button to make jet lag less (8) _____.

making
adjusts
wide
distances
troublesome
over
upsets
brain

The jet-lag drug could also have other health (9) _____. People who work different shifts and night workers could take the drug. This means these workers will not be so stressed from working at (10) _____ or unsociable hours. Airline pilots and cabin (11) _____ could be among those who most benefit from the new drug. The drug might also be useful for people with (12) _____ (the inability to sleep). Wikipedia says jet lag usually happens after a change of three time zones or (13) _____. Some people get it after just a (14) _____ time zone difference. It usually takes one day to recover from (15) _____ one time zone. Jet lag is only a few (16) _____ old. It happened after people started flying in jet airplanes.

single
crossing
irregular
more
crew
benefits
decades
insomnia

LISTENING – Guess the answers. Listen to check

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

- 1) Everybody who flies long distances _____
 - a. hate jet lag
 - b. fates jet lag
 - c. hates jet lag
 - d. fates jet lag
- 2) Traveling across different time zones upsets _____
 - a. your bodily clock
 - b. your buddy clock
 - c. your body's clock
 - d. your body clock
- 3) You can be wide awake at 3.00am and ready for _____
 - a. bed after lunches
 - b. bed after lunch
 - c. bed after lunching
 - d. bed after lunchtime
- 4) This controls how the body adjusts to _____
 - a. changing sleep pattern
 - b. changing sleep buttons
 - c. changing sleep patterns
 - d. changing sleep button
- 5) New drugs could "press" the reset button to make jet _____
 - a. lag less troublesome
 - b. lag less trouble for some
 - c. lag less troubled sum
 - d. lag less travel some
- 6) The jet-lag drug could also have other _____
 - a. health benefits
 - b. healthy benefits
 - c. healthily benefits
 - d. hell benefits
- 7) workers will not be so stressed from working at irregular _____
 - a. or non-sociable hours
 - b. or unsociable hours
 - c. or unsocial hours
 - d. or unsociably hours
- 8) The drug might also be useful for _____
 - a. people with in some near
 - b. people within sum knee a
 - c. people with insomnia
 - d. people with insomniac
- 9) Some people get it after just a single _____
 - a. time zone differences
 - b. time zone differential
 - c. time zone different
 - d. time zone difference
- 10) It happened after people started _____
 - a. flying inject airplanes
 - b. flying in jet airplanes
 - c. flying injured airplanes
 - d. flying jet airplanes

LISTENING – Listen and fill in the gaps

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

Everybody (1) _____ distances hates jet lag. Traveling across different time zones upsets your body clock. People can have jet lag for three or four days after (2) _____ airplane. You can be wide awake at 3.00am and ready for (3) _____. That might soon be over. Researchers from Kyoto University in Japan are close to (4) _____ jet lag. They said the drug can help people change to a new time zone in just 24 hours. Head researcher Yoshiaki Yamaguchi said his (5) _____ the body's "reset button" in the brain. This controls how the body adjusts to changing sleep patterns. New drugs could (6) _____ button to make jet lag less troublesome.

The jet-lag drug could also (7) _____ benefits. People who work different shifts and night workers could take the drug. This means these workers (8) _____ stressed from working at irregular or unsociable hours. Airline pilots and cabin crew could (9) _____ who most benefit from the new drug. The drug might (10) _____ people with insomnia (the inability to sleep). Wikipedia says jet lag usually happens after a change of three time zones or more. Some people get (11) _____ single time zone difference. It usually takes one day to recover from crossing one time zone. Jet lag (12) _____ decades old. It happened after people started flying in jet airplanes.

COMPREHENSION QUESTIONS

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

1. Who does the article say hates jet lag?

2. How long can jet lag last?

3. Who do the researchers work for?

4. What did the researchers find?

5. What could new drugs do to the "reset button"?

6. What will no longer stress workers out?

7. What is the inability to sleep called?

8. Who or what said jet lag happens after crossing three time zones?

9. How long does it take to recover from crossing one time zone?

10. When did jet lag first start?

MULTIPLE CHOICE - QUIZ

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

1. Who does the article say hates jet lag?
 - a) pilots
 - b) everyone who flies
 - c) anyone who travels
 - d) university researchers
2. How long can jet lag last?
 - a) 3 or 4 weeks
 - b) 3 or 4 hours
 - c) 3 or 4 times
 - d) 3 or 4 days
3. Who do the researchers work for?
 - a) Kyoto University
 - b) Rolex
 - c) British Airways
 - d) Yamaguchi Pharmaceuticals
4. What did the researchers find?
 - a) a new time zone
 - b) the body clock
 - c) the body's reset button
 - d) a sleep-pattern controller
5. What could new drugs do to the "reset button"?
 - a) make it bigger
 - b) press it
 - c) kill it
 - d) upset it
6. What will no longer stress workers out?
 - a) regular and unsocial hours
 - b) irregular and social hours
 - c) irregular or unsociable hours
 - d) regular and sociable hours
7. What is the inability to sleep called?
 - a) ambrosia
 - b) amnesia
 - c) ammonia
 - d) insomnia
8. Who or what said jet lag happens after crossing three time zones?
 - a) Wikipedia
 - b) Kyoto University
 - c) a pilot
 - d) a frequent flyer
9. How long does it take to recover from crossing one time zone?
 - a) one day
 - b) one hour
 - c) 6-12 hours
 - d) a week
10. When did jet lag first start?
 - a) 1968
 - b) when we started flying in jet airplanes
 - c) 3 hours and 12 minutes after take-off
 - d) hundreds of years ago

ROLE PLAY

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

Role A – Jet lag

You think jet lag is the worst thing about flying. Tell the others three reasons why. Tell them things that are wrong with their bad things. Also, tell the others which is the least bad of these (and why): airplane food, turbulence or other passengers.

Role B – Airplane food

You think airplane food is the worst thing about flying. Tell the others three reasons why. Tell them things that are wrong with their bad things. Also, tell the others which is the least bad of these (and why): jet lag, turbulence or other passengers.

Role C – Turbulence

You think turbulence is the worst thing about flying. Tell the others three reasons why. Tell them things that are wrong with their bad things. Also, tell the others which is the least bad of these (and why): airplane food, jet lag or other passengers.

Role D – Other passengers

You think other passengers are the worst thing about flying. Tell the others three reasons why. Tell them things that are wrong with their bad things. Also, tell the others which is the least bad of these (and why): airplane food, turbulence or jet lag.

AFTER READING / LISTENING

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

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

time	zone
-------------	-------------

- 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:

<ul style="list-style-type: none">• long• getting• wide• 24• brain• less	<ul style="list-style-type: none">• different• cabin• useful• happens• recover• old
---	--

JET LAG SURVEY

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

Write five GOOD questions about jet lag 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.

JET LAG DISCUSSION

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

- a) What did you think when you read the headline?
- b) What springs to mind when you hear the word 'airplane'?
- c) What do you know about jet lag?
- d) Do you like flying?
- e) Can you sleep anywhere?
- f) What things make you very tired?
- g) Are you ever wide awake at 3.00am?
- h) Are your sleeping patterns regular or irregular?
- i) Can you sleep OK on long journeys?
- j) Why is this new drug good?

Jet-lag drug is a step closer – 7th October, 2013
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JET LAG DISCUSSION

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

- a) Did you like reading this article? Why/not?
- b) What are the best and worst things about flying?
- c) Do you change when you are very tired?
- d) Could this drug be dangerous in any way?
- e) What do you think its like to work the night shift?
- f) Would you like a drug that totally replaces sleep?
- g) What do you do if you can't sleep?
- h) Why do some people get bad jet lag and others don't?
- i) Could the jet-lag drug end all sleeping problems?
- j) 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. _____

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DISCUSSION (Write your own questions)

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

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

LANGUAGE - CLOZE

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

Everybody who flies long (1) _____ hates jet lag. Traveling across different time zones upsets your body clock. People can have jet lag for three or four days after (2) _____ off the airplane. You can be wide awake at 3.00am and ready (3) _____ bed after lunch. That might soon be over. Researchers from Kyoto University in Japan are close to (4) _____ a drug for jet lag. They said the drug can help people change to a new time zone (5) _____ just 24 hours. Head researcher Yoshiaki Yamaguchi said his team has found the body's "reset button" in the brain. This controls how the body adjusts to changing sleep patterns. New drugs could "press" the reset button to make jet lag (6) _____ troublesome.

The jet-lag drug could also have (7) _____ health benefits. People who work different shifts and night workers could (8) _____ the drug. This means these workers will not be so stressed from working at (9) _____ or unsociable hours. Airline pilots and cabin crew could be among those who most benefit from the new drug. The drug might also be useful for people (10) _____ insomnia (the inability to sleep). Wikipedia says jet lag usually happens after a change of three time zones or more. Some people get it after just a (11) _____ time zone difference. It usually takes one day to recover (12) _____ crossing one time zone. Jet lag is only a few decades old. It happened after people started flying in jet airplanes.

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

- | | | | | |
|-----|---------------|----------------|----------------|---------------|
| 1. | (a) distanced | (b) distances | (c) distancing | (d) distincts |
| 2. | (a) gotten | (b) getting | (c) gets | (d) got |
| 3. | (a) to | (b) at | (c) for | (d) of |
| 4. | (a) makes | (b) making | (c) made | (d) make |
| 5. | (a) on | (b) in | (c) for | (d) over |
| 6. | (a) few | (b) reduce | (c) less | (d) little |
| 7. | (a) others | (b) the others | (c) other | (d) another |
| 8. | (a) drink | (b) drug | (c) take | (d) eat |
| 9. | (a) regulate | (b) regulatory | (c) regulation | (d) irregular |
| 10. | (a) with | (b) have | (c) suffer | (d) problem |
| 11. | (a) single | (b) alone | (c) lonely | (d) once |
| 12. | (a) for | (b) as | (c) from | (d) on |

SPELLING

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

Paragraph 1

1. Everybody who flies long assinedct
2. ssuept your body clock
3. hrcsaesrre from Kyoto University
4. his team has found the body's reset btunot
5. how the body audtsjs to changing sleep patterns
6. make jet lag less oresloemtub

Paragraph 2

7. have other health fenestib
8. work different tihfss
9. working at ealiurrrg or unsociable hours
10. useful for people with ninomais
11. It usually takes one day to vcreore
12. Jet lag is only a few adedsec old

PUT THE TEXT BACK TOGETHER

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

Number these lines in the correct order.

- () or unsociable hours. Airline pilots and cabin crew could be among those who most benefit
- () awake at 3.00am and ready for bed after lunch. That might soon be over. Researchers from Kyoto University in Japan are close
- (**1**) Everybody who flies long distances hates jet lag. Traveling across different time zones upsets your body
- () The jet-lag drug could also have other health benefits. People who work different shifts and night
- () clock. People can have jet lag for three or four days after getting off the airplane. You can be wide
- () "reset button" in the brain. This controls how the body adjusts to changing sleep patterns. New drugs could
- () only a few decades old. It happened after people started flying in jet airplanes.
- () happens after a change of three time zones or more. Some people get it after just a single
- () to making a drug for jet lag. They said the drug can help people change to a new time
- () time zone difference. It usually takes one day to recover from crossing one time zone. Jet lag is
- () from the new drug. The drug might also be useful for people with insomnia (the inability to sleep). Wikipedia says jet lag usually
- () workers could take the drug. This means these workers will not be so stressed from working at irregular
- () "press" the reset button to make jet lag less troublesome.
- () zone in just 24 hours. Head researcher Yoshiaki Yamaguchi said his team has found the body's

PUT THE WORDS IN THE RIGHT ORDER

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

1. flies lag long distances Everybody hates who jet.

2. zones Traveling upsets across your different body time.

3. bed and 3.00 Wide after ready awake lunch for am at.

4. just time to Help 24 zone a people hours in new change.

5. how adjusts sleep Controls body changing the to patterns.

6. other have also could drug jet-lag The benefits health.

7. irregular Stressed or from unsociable working hours at.

8. for people with insomnia The drug might also be useful.

9. zone difference People get it after just a single time.

10. in after flying airplanes happened started jet It people.

CIRCLE THE CORRECT WORD (20 PAIRS)

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

Everybody who flies long *distancing* / *distances* hates jet lag. Traveling across different time zones upsets your body *watch* / *clock*. People can have jet lag for three or four days after *get* / *getting* off the airplane. You can be wide awake at 3.00am and ready *to* / *for* bed after lunch. That might soon be *over* / *overt*. Researchers from Kyoto University in Japan are close to *making* / *make* a drug for jet lag. They said the drug can help people change to a *new* / *newly* time zone in just 24 hours. Head researcher Yoshiaki Yamaguchi said his team has found the *bodies* / *body's* "reset button" in the brain. This controls how the body *adjusts* / *adjustments* to changing sleep patterns. New drugs could "press" the reset button to make jet lag *less* / *fewer* troublesome.

The jet-lag drug could also have other health *beneficial* / *benefits*. People who work different *shifts* / *shafts* and night workers could take the drug. This means these workers will not be *so* / *such* stressed from working at irregular or *unsociable* / *sociable* hours. Airline pilots and cabin crew could be *between* / *among* those who most benefit from the new drug. The drug might also be *useless* / *useful* for people with insomnia (the inability to sleep). Wikipedia says jet lag usually happens *after* / *when* a change of three time zones or more. Some people get it after just a *single* / *one* time zone difference. It usually takes one day to *cover* / *recover* from crossing one time zone. Jet lag is only a few decades old. It happened after people started *flying* / *flew* in jet airplanes.

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

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

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

_v_ryb_dy wh_ fl__s l_ng d_st_nc_s h_t_s j_t l_g.
Tr_v_l_ng _cr_ss d_ff_r_nt t_m_ z_n_s _ps_ts y__r
b_dy cl_ck. P__pl_ c_n h_v_ j_t l_g f_r thr__ r f__r
d_ys _ft_r g_tt_ng _ff th_ __rpl_n_. Y__ c_n b_ w_d_
_w_k_ _t 3.00_m _nd r__dy f_r b_d _ft_r l_nch. Th_t
m_ght s__n b_ _v_r. R_s__rch_rs fr_m Ky_t_
_n_v_rs_ty _n J_p_n _r cl_s_ t_m_k_ng _dr_g f_r
j_t l_g. Th_y s__d th_ dr_g c_n h_lp p__pl_ ch_ng_ t_
_n_w t_m_ z_n_ _n j_st 24 h__rs. H__d r_s__rch_r
Y_sh__k_ Y_m_g_ch_ s__d h_s t__m h_s f__nd th_
b_dy's "r_s_t b_tt_n" _n th_ br__n. Th_s c_ntr_ls h_w
th_ b_dy _dj_sts t_ ch_ng_ng sl__p p_tt_rns. N_w
dr_gs c__ld "pr_ss" th_ r_s_t b_tt_n t_m_k_ j_t l_g
l_ss tr__bl_s_m_.

Th_ j_t-l_g dr_g c__ld _ls_ h_v_ _th_r h__lth b_n_f_ts.
P__pl_ wh_ w_rk d_ff_r_nt sh_fts _nd n_ght w_rk_rs
c__ld t_k_ th_ dr_g. Th_s m__ns th_s_ w_rk_rs w_ll
n_t b_ s_ str_ss_d fr_m w_rk_ng _t _rr_g_l_r _r
_ns_c__bl_ h__rs. __rl_n_ p_l_ts _nd c_b_n cr_w c__ld
b_ _m_ng th_s_ wh_ m_st b_n_f_t fr_m th_ n_w dr_g.
Th_ dr_g m_ght _ls_ b_ _s_f_l f_r p__pl_ w_th
_ns_mn__ (th_ _n_b_l_ty t_ sl__p). W_k_p_d__ s_ys
j_t l_g _s__lly h_pp_ns _ft_r _ch_ng_ _f thr__ t_m_
z_n_s _r m_r_. S_m_ p__pl_ g_t _t _ft_r j_st _s_ngl_
t_m_ z_n_ d_ff_r_nc_. _t_s__lly t_k_s _n_ d_y t_
r_c_v_r fr_m cr_ss_ng _n_t_m_ z_n_. J_t l_g _s_nly _
f_w_d_c_d_s _ld. _t h_pp_n_d _ft_r p__pl_ st_rt_d
fly_ng _n j_t __rpl_n_s.

PUNCTUATE THE TEXT AND ADD CAPITALS

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

everybody who flies long distances hates jet lag traveling across different time zones upsets your body clock people can have jet lag for three or four days after getting off the airplane you can be wide awake at 300am and ready for bed after lunch that might soon be over researchers from kyoto university in japan are close to making a drug for jet lag they said the drug can help people change to a new time zone in just 24 hours head researcher yoshiaki yamaguchi said his team has found the body's "reset button" in the brain this controls how the body adjusts to changing sleep patterns new drugs could "press" the reset button to make jet lag less troublesome

the jet-lag drug could also have other health benefits people who work different shifts and night workers could take the drug this means these workers will not be so stressed from working at irregular or unsociable hours airline pilots and cabin crew could be among those who most benefit from the new drug the drug might also be useful for people with insomnia (the inability to sleep) wikipedia says jet lag usually happens after a change of three time zones or more some people get it after just a single time zone difference it usually takes one day to recover from crossing one time zone jet lag is only a few decades old it happened after people started flying in jet airplanes

PUT A SLASH (/) WHERE THE SPACES ARE

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

Everybody who flies long distances hates jet lag. Traveling across different time zones upsets your body clock. People can have jet lag for three or four days after getting off the airplane. You can be wide awake at 3.00 am and ready for bed after lunch. That might soon be over. Researchers from Kyoto University in Japan are close to making a drug for jet lag. They said the drug can help people change to a new time zone in just 24 hours. Head researcher Yoshiaki Yamaguchi said his team has found the body's "reset button" in the brain. This control shows the body adjusts to changing sleep patterns. New drugs could "press" the reset button to make jet lag less troublesome. The jet-lag drug could also have other health benefits. People who work different shifts and night workers could take the drug. This means these workers will not be so stressed from working at irregular or unsociable hours. Airline pilots and cabin crew could be among those who most benefit from the new drug. The drug might also be useful for people with insomnia (the inability to sleep). Wikipedia says jet lag usually happens after a change of three time zones or more. Some people get it after just a single time zone difference. It usually takes one day to recover from crossing one time zone. Jet lag is only a few decades old. It happened after people started flying in jet airplanes.

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 jet lag. Share what you discover with your partner(s) in the next lesson.

3. JET LAG: Make a poster about jet lag and how to get over it. Show your work to your classmates in the next lesson. Did you all have similar things?

4. DRUG: Write a magazine article about the jet-lag drug. Include imaginary interviews with people who get jet lag really bad and with someone who thinks we should not use drugs to reset our body clock.

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 a jet lag expert. Ask him/her three questions about jet lag. Give him/her three of your opinions on it. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

TRUE / FALSE (p.4)

a F b T c T d F e T f T g F h F

SYNONYM MATCH (p.4)

- | | |
|----------------|------------------|
| 1. hates | a. loathes |
| 2. upsets | b. confuses |
| 3. close | c. near |
| 4. adjusts | d. changes |
| 5. troublesome | e. annoying |
| 6. benefits | f. advantages |
| 7. unsociable | g. unfriendly |
| 8. insomnia | h. sleeplessness |
| 9. recover | i. get better |
| 10. a few | j. two or three |

COMPREHENSION QUESTIONS (p.8)

1. Everyone who flies long distances
2. Three or four days
3. Kyoto University
4. The body's "reset button"
5. "Press" it
6. Working at irregular or unsociable hours
7. Insomnia
8. Wikipedia
9. One day
10. After we started flying in jet airplanes

MULTIPLE CHOICE - QUIZ (p.9)

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

ALL OTHER EXERCISES

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