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Level 3

People use technology more, sleep less

9th August, 2014

<http://www.breakingnewsenglish.com/1408/140809-sleeping.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/1408/140809-sleeping.html>

People in Britain now spend more time watching TV, gaming, and using their mobile phones and computers than sleeping. Research by the British communications agency Ofcom found that Britons use technology for 20 minutes longer than they spend sleeping. The average U.K. adult uses technology for eight hours and 41 minutes a day. They sleep for an average of eight hours and 21 minutes. One of the biggest reasons for this is broadband and wi-fi. People can get online almost anywhere, so they spend more time online. Many people make telephone calls or surf the web while watching television. Television was the most popular activity. Adults watched an average of three hours a day.

The study looked at technology and different age groups. It found that six-year-olds understand how to use technology at the same level as 45-year-olds. Another finding was that people understand digital technology most when they are 14 or 15. A doctor said technology is changing the way people communicate with each other. Dr Arthur Cassidy warned that we are becoming more and more anti-social. He said we are moving away from face-to-face conversations because of technology. He added that people are becoming addicted to their smart phones. Technology also means people are working at home after they get home from work.

Sources: <http://www.independent.co.uk/life-style/gadgets-and-tech/news/we-now-spend-more-time-in-front-of-a-screen-than-in-bed-ofcom-study-shows-9652631.html>
<http://www.reuters.com/article/2014/08/06/britain-communications-idUSL6N0QC4NF20140806>
<http://consumers.ofcom.org.uk/news/cmr-2014/>

WARM-UPS

1. TECHNOLOGY: Students walk around the class and talk to other students about technology. 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?

watching TV / gaming / mobile phones / sleeping / technology / average / popular / different age groups / surprising / digital / anti-social / addicted / working at home

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

3. AVERAGE: What's the average time you spend on these things? Is it OK? Complete this table and share what you wrote with your partner(s). Change partners often.

Average	Too high / low?	How to change
Watching TV		
Gaming		
Texting		
Sleeping		
Eating		
Studying English		

4. TIME-SAVING: Students A **strongly** believe technology saves us a lot of time; Students B **strongly** believe technology uses up too much of our time. Change partners again and talk about your conversations.

5. ADDICTED: Rank these with your partner. Put the worst addictions at the top. Change partners often and share your rankings.

- gaming
- watching TV
- gambling
- Facebook
- coffee
- shopping
- cigarettes
- fast food

6. SLEEPING: Spend one minute writing down all of the different words you associate with the word "sleeping". 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/1408/140809-sleeping.html>

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

- | | |
|---|-------|
| a. People in Britain spend more time watching TV than sleeping. | T / F |
| b. The average British adult sleeps 20 minutes more nowadays. | T / F |
| c. The average British adult sleeps for over eight hours every day. | T / F |
| d. The average British adult watches three hours of TV a day. | T / F |
| e. Six year-olds are at the same level with technology as 45-year-olds. | T / F |
| f. People understand technology most at the age of 24 to 25. | T / F |
| g. A doctor said we are talking to each other face-to-face more nowadays. | T / F |
| h. The doctor suggested that many people can't live without their phone. | T / F |

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

- | | |
|------------------|----------------|
| 1. spend | a. research |
| 2. average | b. well-liked |
| 3. almost | c. arrive |
| 4. web | d. use up |
| 5. popular | e. chats |
| 6. study | f. hooked on |
| 7. finding | g. pretty much |
| 8. conversations | h. typical |
| 9. addicted to | i. discovery |
| 10. get | j. Internet |

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

- | | |
|----------------------------------|--------------------------|
| 1. Research by the British | a. U.K. adult |
| 2. The average | b. anti-social |
| 3. One of the biggest reasons | c. of three hours a day |
| 4. Television was the most | d. to their smart phones |
| 5. Adults watched an average | e. groups |
| 6. different age | f. from work |
| 7. digital | g. popular activity |
| 8. we are becoming more and more | h. technology |
| 9. people are becoming addicted | i. communications agency |
| 10. after they get home | j. for this is broadband |

GAP FILL

From <http://www.BreakingNewsEnglish.com/1408/140809-sleeping.html>

People in Britain (1) _____ spend more time watching TV, gaming, and using their mobile phones and computers than sleeping. Research by the British communications (2) _____ Ofcom found that Britons use technology for 20 minutes longer than they spend sleeping. The average U.K. (3) _____ uses technology for eight hours and 41 minutes a day. They sleep for an (4) _____ of eight hours and 21 minutes. One of the biggest (5) _____ for this is broadband and wi-fi. People can get online (6) _____ anywhere, so they spend more time online. Many people make telephone calls or (7) _____ the web while watching television. Television was the most (8) _____ activity. Adults watched an average of three hours a day.

average
popular
agency
almost
now
adult
reasons
surf

The study looked at technology and different age (9) _____. It found that six-year-olds understand how to use technology at the same (10) _____ as 45-year-olds. Another finding was that people understand (11) _____ technology most when they are 14 or 15. A doctor said technology is changing the (12) _____ people communicate with each other. Dr Arthur Cassidy warned that we are becoming more and more (13) _____ -social. He said we are moving away from face-to-face conversations (14) _____ of technology. He added that people are becoming (15) _____ to their smart phones. Technology also means people are working at home after they get home from (16) _____.

way
addicted
level
because
work
groups
digital
anti

LISTENING – Guess the answers. Listen to check.

From <http://www.BreakingNewsEnglish.com/1408/140809-sleeping.html>

- 1) Research by the British communications _____
 - a. agents see Ofcom
 - b. agency Ofcom
 - c. age antsy Ofcom
 - d. age ends sea Ofcom
- 2) They sleep for an _____ hours
 - a. average of eight
 - b. average off eight
 - c. average if eight
 - d. average have eight
- 3) One of the biggest reasons for this is _____
 - a. broadly band and wi-fi
 - b. broadband and wi-fi
 - c. broad bands and wi-fi
 - d. broader band and wi-fi
- 4) Many people make telephone calls or _____
 - a. safe the web
 - b. serf the web
 - c. save the web
 - d. surf the web
- 5) Television was the most _____
 - a. populate activity
 - b. popularity activity
 - c. popular activity
 - d. popularise activity
- 6) six-year-olds understand how to use technology at the same _____
 - a. level was 45-year-olds
 - b. level as 45-year-olds
 - c. level has 45-year-olds
 - d. level ass 45-year-olds
- 7) A doctor said technology is changing the way people communicate _____
 - a. with one other
 - b. with another
 - c. with each others
 - d. with each other
- 8) Dr Arthur Cassidy warned that we are becoming more and _____
 - a. more anti-social
 - b. more antsy-social
 - c. more arty-social
 - d. more antics-social
- 9) He added that people are becoming addicted to _____
 - a. their smart phones
 - b. there smart phones
 - c. they're smart phones
 - d. them smart phones
- 10) Technology also means people are working at home after they _____
 - a. get homes from work
 - b. get home from works
 - c. get homes from works
 - d. get home from work

LISTENING – Listen and fill in the gaps

From <http://www.BreakingNewsEnglish.com/1408/140809-sleeping.html>

People in Britain now spend more time watching TV, (1) _____ mobile phones and computers than sleeping. Research by the British communications agency Ofcom found that Britons use technology for 20 minutes longer than (2) _____. The average U.K. adult uses technology for eight hours and 41 minutes a day. They sleep (3) _____ eight hours and 21 minutes. One of the biggest reasons for (4) _____ and wi-fi. People can get online almost anywhere, (5) _____ time online. Many people make telephone calls or surf the web while watching television. Television was the (6) _____. Adults watched an average of three hours a day.

The study looked at technology and (7) _____. It found that six-year-olds understand how to use technology (8) _____ as 45-year-olds. Another finding was that people understand digital technology most when they are 14 or 15. A doctor said technology is changing the way people (9) _____ each other. Dr Arthur Cassidy warned that we are becoming more (10) _____. He said we are moving away (11) _____ conversations because of technology. He added that people are becoming (12) _____ phones. Technology also means people are working at home after they get home from work.

COMPREHENSION QUESTIONS

From <http://www.BreakingNewsEnglish.com/1408/140809-sleeping.html>

1. What is the name of the communications agency?

2. How much longer do people use technology than they sleep?

3. What is one of the biggest reasons for greater use of technology?

4. What do some people do while making phone calls and surfing the web?

5. Who watches TV for an average of three hours a day?

6. Who understands technology as well as 45-year-olds?

7. At what age do people understand technology best?

8. What did a doctor say is changing the way we communicate?

9. What did a doctor say we are moving away from?

10. What did the doctor say we are becoming addicted to?

MULTIPLE CHOICE - QUIZ

From <http://www.BreakingNewsEnglish.com/1408/140809-sleeping.html>

1. What is the name of the communications agency?
 - a) Stead Off
 - b) OnSted
 - c) Ofcom
 - d) OnOff
2. How much longer do people use technology than they sleep?
 - a) 20 minutes
 - b) 22 seconds
 - c) 20 minutes and 20 seconds
 - d) 22 minutes
3. What is one of the biggest reasons for greater use of technology?
 - a) broadband and wi-fi
 - b) fast food
 - c) cheaper Internet
 - d) longer holidays
4. What do some people do while making phone calls and surfing the web?
 - a) walk in the street
 - b) watch TV
 - c) work
 - d) take a bath
5. Who watches TV for an average of three hours a day?
 - a) a doctor
 - b) children
 - c) researchers
 - d) adults
6. Who understands technology as well as 45-year-olds?
 - a) doctors
 - b) 6-year-olds
 - c) 14-year-olds
 - d) researchers
7. What age group understands technology best?
 - a) 14-15-year-olds
 - b) 6-year-olds
 - c) 45-year-olds
 - d) people in their twenties
8. What did a doctor say is changing the way we communicate?
 - a) English
 - b) air travel
 - c) technology
 - d) Google
9. What did a doctor say we are moving away from?
 - a) our parents
 - b) dial-up Internet
 - c) analogue TVs
 - d) face-to-face conversations
10. What did the doctor say we are becoming addicted to?
 - a) mobile phones
 - b) fast food
 - c) cartoons
 - d) wi-fi

ROLE PLAY

From <http://www.BreakingNewsEnglish.com/1408/140809-sleeping.html>

Role A – Gaming

You think gaming is the worst addiction. Tell the others three reasons why. Tell them things that aren't so bad about their things. Also, tell the others which is the least addictive of these (and why): gambling, shopping or fast food.

Role B – Gambling

You think gambling is the worst addiction. Tell the others three reasons why. Tell them things that aren't so bad about their things. Also, tell the others which is the least addictive of these (and why): gaming, shopping or fast food.

Role C – Shopping

You think shopping is the worst addiction. Tell the others three reasons why. Tell them things that aren't so bad about their things. Also, tell the others which is the least addictive of these (and why): gambling, gaming or fast food.

Role D – Fast Food

You think fast food is the worst addiction. Tell the others three reasons why. Tell them things that aren't so bad about their things. Also, tell the others which is the least addictive of these (and why): gambling, shopping or gaming.

AFTER READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1408/140809-sleeping.html>

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

mobile	phone
---------------	--------------

- 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">• Britain• 20• biggest• anywhere• surf• activity	<ul style="list-style-type: none">• different• level• 15• social• face• home
---	---

TECHNOLOGY SURVEY

From <http://www.BreakingNewsEnglish.com/1408/140809-sleeping.html>

Write five GOOD questions about technology 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.

TECHNOLOGY 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 'technology'?
- c) What's nicer, using technology or sleeping?
- d) How important is technology to you?
- e) What technology is most important to you (and why)?
- f) Why might using technology too much be bad?
- g) What do you think of the fact people use technology more than sleeping?
- h) What would life be like without technology?
- i) Do you ever use technology when you should be in bed?
- j) Is three hours of TV a day OK or too much?

People use technology more, sleep less – 9th August, 2014
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TECHNOLOGY DISCUSSION

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

- a) Did you like reading this article? Why/not?
- b) How good is your understanding of technology?
- c) What do you find most difficult about technology?
- d) Are you surprised 6-year-olds have a good understanding of technology?
- e) How has technology changed the way you communicate?
- f) Do you prefer face-to-face or online communication?
- g) How can we help people who are addicted to technology?
- h) Is technology good or bad?
- i) Is it bad to work at home after leaving work?
- j) What questions would you like to ask the researcher?

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/1408/140809-sleeping.html>

People in Britain now (1) _____ more time watching TV, gaming, and using their mobile phones and computers than sleeping. Research by the British communications agency Ofcom found (2) _____ Britons use technology for 20 minutes longer than they spend sleeping. The (3) _____ U.K. adult uses technology for eight hours and 41 minutes a day. They sleep for an average of eight hours and 21 minutes. One of the biggest (4) _____ for this is broadband and wi-fi. People can get online almost anywhere, so they spend more time online. Many people make telephone calls or (5) _____ the web while watching television. Television was the most (6) _____ activity. Adults watched an average of three hours a day.

The study looked at technology and (7) _____ age groups. It found that six-year-olds understand how to use technology at the same (8) _____ as 45-year-olds. Another finding was that people understand (9) _____ technology most when they are 14 or 15. A doctor said technology is changing the way people communicate with (10) _____ other. Dr Arthur Cassidy warned that we are becoming more and more anti-social. He said we are moving (11) _____ from face-to-face conversations because of technology. He added that people are becoming (12) _____ to their smart phones. Technology also means people are working at home after they get home from work.

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

- | | | | | |
|-----|----------------|---------------|-------------------|--------------|
| 1. | (a) spends | (b) spent | (c) spending | (d) spend |
| 2. | (a) these | (b) when | (c) what | (d) that |
| 3. | (a) mean | (b) average | (c) standard | (d) norm |
| 4. | (a) reason | (b) reasoning | (c) reasons | (d) raisins |
| 5. | (a) serf | (b) serve | (c) surf | (d) save |
| 6. | (a) popular | (b) populate | (c) populous | (d) populace |
| 7. | (a) difference | (b) different | (c) differed | (d) differs |
| 8. | (a) level | (b) grade | (c) normal | (d) platform |
| 9. | (a) ancient | (b) digital | (c) technological | (d) all |
| 10. | (a) one | (b) all | (c) each | (d) every |
| 11. | (a) back | (b) into | (c) away | (d) forward |
| 12. | (a) addiction | (b) addicts | (c) addictive | (d) addicted |

SPELLING

From <http://www.BreakingNewsEnglish.com/1408/140809-sleeping.html>

Paragraph 1

1. imlebo phones
2. communications ayngce
3. One of the biggest osenras
4. make plneoeeth calls
5. Television was the most luaropp activity
6. an aearveg of three hours a day

Paragraph 2

7. technology at different age srugpo
8. litigda technology
9. changing the way people caumcitmone
10. more and more nati-csilao
11. face-to-face istcnonvsaore
12. becoming caddtdei

PUT THE TEXT BACK TOGETHER

From <http://www.BreakingNewsEnglish.com/1408/140809-sleeping.html>

Number these lines in the correct order.

- () The study looked at technology and different age groups. It found that six-year-olds understand how
- () that Britons use technology for 20 minutes longer than they spend sleeping. The average U.K. adult uses
- () way people communicate with each other. Dr Arthur Cassidy warned that we are becoming more and more anti-
- () online almost anywhere, so they spend more time online. Many people make telephone calls or surf the
- () of technology. He added that people are becoming addicted to their smart phones. Technology
- () technology for eight hours and 41 minutes a day. They sleep for an average of eight hours
- () and computers than sleeping. Research by the British communications agency Ofcom found
- (**1**) People in Britain now spend more time watching TV, gaming, and using their mobile phones
- () also means people are working at home after they get home from work.
- () social. He said we are moving away from face-to-face conversations because
- () technology most when they are 14 or 15. A doctor said technology is changing the
- () to use technology at the same level as 45-year-olds. Another finding was that people understand digital
- () and 21 minutes. One of the biggest reasons for this is broadband and wi-fi. People can get
- () web while watching television. Television was the most popular activity. Adults watched an average of three hours a day.

PUT THE WORDS IN THE RIGHT ORDER

From <http://www.BreakingNewsEnglish.com/1408/140809-sleeping.html>

1. now in time spend Britain watching more People TV.

2. U.K. for adult The eight uses average hours technology .

3. can online anywhere People get almost.

4. was most activity Television the popular.

5. a Adults average hours an three day watched of.

6. the Use - 45 same technology olds - level at year as.

7. people way the changing is Technology communicate.

8. face from away moving are We conversations face - to -.

9. addicted to People their are smart becoming phones.

10. home people are Technology working also at means.

CIRCLE THE CORRECT WORD (20 PAIRS)

From <http://www.BreakingNewsEnglish.com/1408/140809-sleeping.html>

People in Britain now spend *more / many* time watching TV, gaming, and using their mobile phones and computers *from / than* sleeping. Research by the British communications agency Ofcom found that Britons *usage / use* technology for 20 minutes longer than they spend *slept / sleeping*. The average U.K. adult uses technology for eight *hours / hourly* and 41 minutes a day. They sleep *by / for* an average of eight hours and 21 minutes. One of the biggest reasons for *these / this* is broadband and wi-fi. People can get online *almost / about* anywhere, so they spend more time online. Many people make telephone calls or surf the web *while / as* watching television. Television was the most *popular / popularity* activity. Adults watched an average of three hours a day.

The study looked *at / as* technology and different age groups. It found that six-year-olds *understand / understanding* how to use technology at the same *level / grade* as 45-year-olds. Another *finding / found* was that people understand *digitally / digital* technology most when they are 14 or 15. A doctor said technology is *changing / changed* the way people communicate with *each / one* other. Dr Arthur Cassidy warned that we are becoming more and more *pro-social / anti-social*. He said we are moving away from face-to-face conversations because of technology. He *added / multiplied* that people are becoming addicted to their smart phones. Technology also *mean / means* people are working at home after they get home from work.

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/1408/140809-sleeping.html>

P__pl__n Br_t__n n_w sp_nd m_r__t_m__ w_tch_ng TV,
g_m_ng, __nd __s_ng th__r m_b_l__ ph_n_s __nd
c_mp_t_rs th_n sl__p_ng. R_s__rch by th__ Br_t_sh
c_mm_n_c_t__ns __g_ncy __fc_m f__nd th_t Br_t_ns __s__
t_chn_l_gy f_r 20 m_n_t_s l__ng_r th_n th_y sp_nd
sl__p_ng. Th__ __v_r_g___.K. __d_l_t __s_s t_chn_l_gy f_r
__ght h__rs __nd 41 m_n_t_s __d_y. Th_y sl__p f_r_n
__v_r_g__ f__ght h__rs __nd 21 m_n_t_s. __n__ f th__
b_gg_st r__s_ns f_r th_s __s br__db_nd __nd w__f__.
P__pl__ c_n_g_t __nl_n__ __lm_st __nywh_r__, s__ th_y sp_nd
m_r__t_m__ __nl_n__. M_ny p__pl__ m_k__ t_l_ph_n__ c_lls
__r __s_rf th__ w_b wh_l__ w_tch_ng t_l_v_s__n.
T_l_v_s__n w_s th__ m_st p_p_l_r __ct_v_ty. __d_l_t_s
w_tch_d __n __v_r_g__ f thr__ h__rs __d_y.

Th__ st_dy l__k_d __t t_chn_l_gy __nd d_ff_r_nt __g__
gr__ps. __t f__nd th_t s_x-y__r__lds __nd_rst_nd h_w t__
__s__ t_chn_l_gy __t th__ s_m__ l_v_l__s 45-y__r__lds.
__n th_r f_nd_ng w_s th_t p__pl__ __nd_rst_nd d_g_t_l
t_chn_l_gy m_st wh_n th_y __r 14 __r 15. __d_ct_r_s__d
t_chn_l_gy __s ch_ng_ng th__ w_y p__pl__ c_mm_n_c_t__
w_th __ch__th_r. Dr__rth_r C__ss_dy w_rn_d th_t w__r__
b_c_m_ng m_r__ __nd m_r__nt__s_c__l. H__s__d w__r__
m_v_ng __w_y fr_m f_c__t__f_c__c_nv_rs_t__ns b_c__s__
__f t_chn_l_gy. H__ __dd_d th_t p__pl__ __r__ b_c_m_ng
__dd_ct_d t__ th__r sm_rt ph_n_s. T_chn_l_gy __ls__
m__ns p__pl__ __r__ w_rk_ng __t h_m__ __ft_r th_y g_t
h_m__ fr_m w_rk.

PUNCTUATE THE TEXT AND ADD CAPITALS

From <http://www.BreakingNewsEnglish.com/1408/140809-sleeping.html>

people in britain now spend more time watching tv gaming and using their mobile phones and computers than sleeping research by the british communications agency ofcom found that britons use technology for 20 minutes longer than they spend sleeping the average uk adult uses technology for eight hours and 41 minutes a day they sleep for an average of eight hours and 21 minutes one of the biggest reasons for this is broadband and wi-fi people can get online almost anywhere so they spend more time online many people make telephone calls or surf the web while watching television television was the most popular activity adults watched an average of three hours a day

the study looked at technology and different age groups it found that six-year-olds understand how to use technology at the same level as 45-year-olds another finding was that people understand digital technology most when they are 14 or 15 a doctor said technology is changing the way people communicate with each other dr arthur cassidy warned that we are becoming more and more anti-social he said we are moving away from face-to-face conversations because of technology he added that people are becoming addicted to their smart phones technology also means people are working at home after they get home from work

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.BreakingNewsEnglish.com/1408/140809-sleeping.html>

People in Britain now spend more time watching TV, gaming, and using their mobile phones and computers than sleeping. Research by the British communications agency Ofcom found that Britons use technology for 20 minutes longer than they spend sleeping. The average U.K. adult uses technology for eight hours and 41 minutes a day. They sleep for an average of eight hours and 21 minutes. One of the biggest reasons for this is broadband and wi-fi. People can get online almost anywhere, so they spend more time online. Many people make telephone calls or surf the web while watching television. Television was the most popular activity. Adults watched an average of three hours a day. The study looked at technology and different age groups. It found that six-year-olds understand how to use technology at the same level as 45-year-olds. Another finding was that people understand digital technology most when they are 14 or 15. A doctor said technology is changing the way people communicate with each other. Dr Arthur Cassidy warned that we are becoming more and more anti-social. He said we are moving away from face-to-face conversations because of technology. He added that people are becoming addicted to their smartphones. Technology also means people are working at home after they get home from work.

FREE WRITING

From <http://www.BreakingNewsEnglish.com/1408/140809-sleeping.html>

Write about **technology** for 10 minutes. Comment on your partner’s paper.

ACADEMIC WRITING

From <http://www.BreakingNewsEnglish.com/1408/140809-sleeping.html>

There is too much technology in our life. Discuss.

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 technology and sleep. Share what you discover with your partner(s) in the next lesson.

3. TECHNOLOGY: Make a poster about technology. Show your work to your classmates in the next lesson. Did you all have similar things?

4. SLEEPING: Write a magazine article about using technology for eight hours a day. Include imaginary interviews with people who are for and against it.

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 technology. Ask him/her three questions about technology. Give him/her three of your ideas on how people can use technology less and sleep more. 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 F c T d T e T f F g F h T

SYNONYM MATCH (p.4)

- | | |
|------------------|----------------|
| 1. spend | a. use up |
| 2. average | b. typical |
| 3. almost | c. pretty much |
| 4. web | d. Internet |
| 5. popular | e. well-liked |
| 6. study | f. research |
| 7. finding | g. discovery |
| 8. conversations | h. chats |
| 9. addicted to | i. hooked on |
| 10. get | j. arrive |

COMPREHENSION QUESTIONS (p.8)

1. Ofsted
2. 20 minutes
3. broadband and wi-fi
4. watch TV
5. adults
6. 6-year-olds
7. 14-15-year-olds
8. technology
9. face-to-face conversations
10. mobile phones

MULTIPLE CHOICE - QUIZ (p.9)

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

ALL OTHER EXERCISES

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