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**Level 2 – 21st December 2023**

## **Scientists say early risers have Neanderthal genes**

**FREE online quizzes, mp3 listening and more for this lesson here:**

<https://breakingnewsenglish.com/2312/231221-early-risers-2.html>

### **Contents**

The Reading	2
Phrase Matching	3
Listening Gap Fill	4
No Spaces	5
Survey	6
Writing and Speaking	7
Writing	8

**Please try Levels 0, 1 and 3. They are (a little) harder.**

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# THE READING

From <https://breakingnewsenglish.com/2312/231221-early-risers-2.html>

Early risers naturally wake up early in the morning. Their body clock makes them do this while most of us are still in deep sleep. Researchers said early risers could have some DNA from Neanderthals – our ancestors from over 40,000 years ago. Neanderthals lived in northern parts of Europe and Asia. They woke up earlier to gather food as the sun rose. A researcher said it was better to have a body clock that could change to match the changing light of different seasons. He said a "faster" body clock makes people "more likely to rise early".

Scientists have wondered why some people are early birds and others are night owls. They looked at a database full of genetic information. People who said they were early risers shared DNA with Neanderthals. The research found many examples of Neanderthal DNA in the early risers. The effect of the Neanderthal DNA may be weakening as time passes. Our modern lifestyles mean many of us prefer to sleep in and not leave the comfort of our bed. Nevertheless, it may still be true that the early bird catches the worm.

Sources: <https://edition.cnn.com/2023/12/14/health/early-risers-neanderthal-dna-scn/index.html>  
<https://gizmodo.com/neanderthal-genes-humans-morning-person-early-riser-1851098940>  
<https://www.boredpanda.com/early-risers-can-have-neanderthals-dna/>

# PHRASE MATCHING

From <https://breakingnewsenglish.com/2312/231221-early-risers-2.html>

## PARAGRAPH ONE:

- |                                     |                         |
|-------------------------------------|-------------------------|
| 1. Early risers naturally           | a. parts                |
| 2. Their body clock makes           | b. from Neanderthals    |
| 3. still in deep                    | c. of different seasons |
| 4. early risers could have some DNA | d. them do this         |
| 5. our ancestors from over          | e. as the sun rose      |
| 6. northern                         | f. wake up              |
| 7. gather food                      | g. 40,000 years ago     |
| 8. the changing light               | h. sleep                |

## PARAGRAPH TWO:

- |                                     |                     |
|-------------------------------------|---------------------|
| 1. Scientists have wondered         | a. as time passes   |
| 2. some people are early            | b. sleep in         |
| 3. a database full of genetic       | c. catches the worm |
| 4. Neanderthal DNA may be weakening | d. information      |
| 5. many of us prefer to             | e. of our bed       |
| 6. leave the comfort                | f. birds            |
| 7. Nevertheless, it may             | g. why              |
| 8. the early bird                   | h. still be true    |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2312/231221-early-risers-2.html>

Early risers naturally wake (1) \_\_\_\_\_ the morning. Their body clock makes them do this while most of us are still (2) \_\_\_\_\_. Researchers said early risers could have some DNA from Neanderthals - (3) \_\_\_\_\_ over 40,000 years ago. Neanderthals lived in northern parts of Europe and Asia. They woke up earlier (4) \_\_\_\_\_ as the sun rose. A researcher said it was better to have a body clock that could (5) \_\_\_\_\_ the changing light of different seasons. He said a "faster" body clock makes people "(6) \_\_\_\_\_ rise early".

Scientists have wondered why some people (7) \_\_\_\_\_ and others are night owls. They looked at a database (8) \_\_\_\_\_ information. People who said they were early risers shared DNA with Neanderthals. The research (9) \_\_\_\_\_ of Neanderthal DNA in the early risers. The effect of the Neanderthal DNA may be weakening (10) \_\_\_\_\_. Our modern lifestyles mean many of us prefer to sleep in and not leave the (11) \_\_\_\_\_ bed. Nevertheless, it may still be true that the early bird (12) \_\_\_\_\_.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2312/231221-early-risers-2.html>

Early risers naturally wake up early in the morning. Their body clock makes them do this while most of us are still in deep sleep. Researchers said early risers could have some DNA from Neanderthals – our ancestors from over 40,000 years ago. Neanderthals lived in northern parts of Europe and Asia. They woke up earlier to gather food as the sun rose. A researcher said it was better to have a body clock that could change to match the changing light of different seasons. He said a "faster" body clock makes people "more likely to rise early". Scientists have wondered why some people are early birds and others are night owls. They looked at a database full of genetic information. People who said they were early risers shared DNA with Neanderthals. The research found many examples of Neanderthal DNA in the early risers. The effect of the Neanderthal DNA may be weakening as time passes. Our modern lifestyles mean many of us prefer to sleep in and not leave the comfort of our bed. Nevertheless, it may still be true that the early bird catches the worm.

# EARLY RISERS SURVEY

From <https://breakingnewsenglish.com/2312/231221-early-risers-2.html>

Write five GOOD questions about early risers 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.

## WRITE QUESTIONS & ASK YOUR PARTNER(S)

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

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

d) \_\_\_\_\_

e) \_\_\_\_\_

f) \_\_\_\_\_

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## WRITE QUESTIONS & ASK YOUR PARTNER(S)

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

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

d) \_\_\_\_\_

e) \_\_\_\_\_

f) \_\_\_\_\_

# WRITING

From <https://breakingnewsenglish.com/2312/231221-early-risers-2.html>

Write about **early risers** for 10 minutes. Read and talk about your partner's paper.

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