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Level 6 – 7th July 2025

Scientists say cheese could give us nightmares

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

<https://breakingnewsenglish.com/2507/250707-cheese-nightmares.html>

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Please try Levels 4 and 5 (they are easier).

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THE ARTICLE

From <https://breakingnewsenglish.com/2507/250707-cheese-nightmares.html>

New research suggests that dairy products, cheese in particular, could give people nightmares. Research published in the journal "Frontiers in Psychology" found that people with a severe lactose intolerance were more prone to bad dreams and insomnia. Professor Marie-Pierre St-Onge, director of the Dream and Nightmare Lab in Montreal, Canada, analyzed the diet, health and sleep patterns of more than 1,000 people. She wanted to investigate the degree to which food affected dreams. She based her research on a 2015 study that looked into "food-dependent dreaming". Participants in the 2015 study blamed cheese and other dairy products for disturbing their sleep.

Dr St-Onge discovered that people with gastrointestinal problems and lactose intolerance had scarier and more frequent nightmares. She said: "If you have gastrointestinal issues, that could account for a lot of what's happening in terms of sleep disturbances that could be associated with different dreams." Her colleague, Dr Tore Nielsen, said: "Sleep disturbances affect a huge proportion of the general population. One large survey found that 30-40 per cent of individuals will have a clinically significant sleep disorder in their lifetime." Previous research suggests that about 85 per cent of adults have a nightmare at least once a year, with about 5 per cent of people experiencing them frequently.

Sources: <https://www.nbcnews.com/health/health-news/can-cheese-turn-dreams-nightmares-rcna215580>
<https://www.medicalnewstoday.com/articles/cheese-may-actually-give-you-nightmares-here-is-why#How-to-get-better-sleep-7-dietitian-tips-for-people-with-food-intolerances>
<https://www.msn.com/en-in/lifestyle/smart-living/does-cheese-before-bed-really-give-you-nightmares-a-study-finally-settles-the-debate/ar-AA1HxeX>

WARM-UPS

1. DREAMS: Students walk around the class and talk to other students about dreams. 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?

research / dairy products / cheese / frontiers / intolerance / nightmares / sleep / food
sleep disturbances / dreams / colleague / population / disorder / lifetime / adults

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

3. DREAM RECORDERS: Students A **strongly** believe we need software that can record and play back our dreams; Students B **strongly** believe the opposite. Change partners again and talk about your conversations.

4. FOOD DREAMS: What kinds of dreams might these foods give us, and why? Complete this table with your partner(s). Change partners often and share what you wrote.

	What Kind of Dreams?	Why?
Cheese		
Chocolate		
Garlic		
Chilli		
Rice		
Spinach		

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

6. DAIRY PRODUCTS: Rank these with your partner. Put the best dairy products at the top. Change partners often and share your rankings.

- Cheese
- Milk
- Yoghurt
- Cream
- Butter
- Ice cream
- Milk shakes
- Whey

VOCABULARY MATCHING

Paragraph 1

- | | |
|---------------|--|
| 1. dairy | a. Something that makes you feel worried or upset. |
| 2. frontiers | b. Very bad or strong. |
| 3. severe | c. Likely to do something or often having something happen. |
| 4. lactose | d. Food made from milk, like cheese, butter, and yogurt. |
| 5. prone | e. A problem where a person cannot sleep. |
| 6. insomnia | f. The extreme limit of understanding or achievement in a particular area. |
| 7. disturbing | g. A sugar found in milk. |

Paragraph 2

- | | |
|---------------------|---|
| 8. gastrointestinal | h. A person you work with. |
| 9. intolerance | i. Part of a whole or a percentage of something. |
| 10. account for | j. A problem with the way the body or mind works. |
| 11. colleague | k. When your body cannot accept something, like a type of food. |
| 12. proportion | l. In a way that is related to doctors or medical tests. |
| 13. clinically | m. Make up a specified amount or proportion of something. |
| 14. disorder | n. About the stomach and the intestines (the part of the body that digests food). |

BEFORE READING / LISTENING

From <https://breakingnewsenglish.com/2507/250707-cheese-nightmares.html>

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

1. New research says all dairy products give people nightmares. **T / F**
2. The article says people with glucose intolerance should not eat cheese. **T / F**
3. A researcher from a nightmare lab conducted the research in this article. **T / F**
4. The researcher investigated the dreams that depended in different food. **T / F**
5. People intolerant to lactose are more likely to have stomach problems. **T / F**
6. The researcher said gastrointestinal problems can affect dreams. **T / F**
7. A study said up to 40% of us could have a sleep disorder. **T / F**
8. Around 5% of people have frequent nightmares. **T / F**

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

- | | |
|----------------------------|---------------|
| 1. in particular | a. section |
| 2. severe | b. disrupting |
| 3. investigate | c. problems |
| 4. blamed | d. acute |
| 5. disturbing | e. illness |
| 6. gastrointestinal | f. look into |
| 7. issues | g. attributed |
| 8. colleague | h. especially |
| 9. proportion | i. co-worker |
| 10. disorder | j. stomach |

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

- | | |
|---|------------------------|
| 1. people with a severe lactose | a. dependent dreaming |
| 2. more prone | b. sleep |
| 3. food- | c. sleep disorder |
| 4. cheese and other | d. frequent nightmares |
| 5. disturbing their | e. intolerance |
| 6. people with gastrointestinal | f. happening |
| 7. scarier and more | g. to bad dreams |
| 8. that could account for a lot of what's | h. of sleep |
| 9. in terms | i. dairy products |
| 10. have a clinically significant | j. problems |

GAP FILL

From <https://breakingnewsenglish.com/2507/250707-cheese-nightmares.html>

New research suggests that (1) _____ products, cheese in particular, could give people nightmares. Research published in the (2) _____ "Frontiers in Psychology" found that people with a severe lactose intolerance were more (3) _____ to bad dreams and insomnia. Professor Marie-Pierre St-Onge, (4) _____ of the Dream and Nightmare Lab in Montreal, Canada, analyzed the diet, health and sleep (5) _____ of more than 1,000 people. She wanted to investigate the (6) _____ to which food affected dreams. She based her research on a 2015 study that (7) _____ into "food-dependent dreaming". Participants in the 2015 study (8) _____ cheese and other dairy products for disturbing their sleep.

director
degree
journal
blamed
dairy
prone
looked
patterns

Dr St-Onge discovered that people with gastrointestinal problems and lactose intolerance had (9) _____ and more frequent nightmares. She said: "If you have gastrointestinal issues, that could (10) _____ for a lot of what's happening in (11) _____ of sleep disturbances that could be (12) _____ with different dreams." Her colleague, Dr Tore Nielsen, said: "Sleep disturbances affect a huge (13) _____ of the general population. One large survey found that 30-40 per cent of (14) _____ will have a clinically significant sleep disorder in their lifetime." Previous research suggests that about 85 per cent of adults have a nightmare at (15) _____ once a year, with about 5 per cent of people experiencing them (16) _____.

terms
scarier
frequently
proportion
least
account
associated
individuals

LISTENING – Guess the answers. Listen to check.

From <https://breakingnewsenglish.com/2507/250707-cheese-nightmares.html>

- 1) people with a severe lactose intolerance _____
 - a. were more prone
 - b. were more drone
 - c. were more crone
 - d. were more prong
- 2) director of the Dream and Nightmare Lab in Montreal, Canada _____
 - a. analyzed the date
 - b. analyzed the diet
 - c. analyzed the duty
 - d. analyzed the ditty
- 3) She wanted to investigate the degree to which _____
 - a. food afflicted dreams
 - b. food affection dreams
 - c. food affect it dreams
 - d. food affected dreams
- 4) She based her research on a 2015 study that looked into _____
 - a. food-dependent dream in
 - b. food-independent dreaming
 - c. food-dependent dreaming
 - d. foodie-dependent dreaming
- 5) the 2015 study blamed cheese and other dairy products for _____
 - a. disturbing their sleep
 - b. disturbance their sleep
 - c. disturb bin their sleep
 - d. disturb in their sleep
- 6) people with gastrointestinal problems and lactose intolerance had scarier and _____
 - a. more frequency nightmares
 - b. more frequently nightmares
 - c. more frequent nightmares
 - d. more free quantum nightmares
- 7) that could account for a lot of what's happening in _____
 - a. teams of sleep
 - b. teams of slept
 - c. terms off sleep
 - d. terms of sleep
- 8) Sleep disturbances affect a huge proportion of _____
 - a. the general population
 - b. the colonel population
 - c. the sergeant population
 - d. the lieutenant population
- 9) 30-40 per cent of individuals will have a clinically _____
 - a. significance sleep disorder
 - b. significant sleep disorder
 - c. significantly sleep disorder
 - d. signify can't sleep disorder
- 10) with about 5 per cent of people _____
 - a. experience in them frequently
 - b. experiencing then frequently
 - c. experiencing them frequency
 - d. experiencing them frequently

LISTENING – Listen and fill in the gaps

From <https://breakingnewsenglish.com/2507/250707-cheese-nightmares.html>

New research suggests that dairy products, (1) _____, could give people nightmares. Research published in the journal "Frontiers in Psychology" found that people (2) _____ lactose intolerance were more (3) _____ dreams and insomnia. Professor Marie-Pierre St-Onge, director of the Dream and Nightmare Lab in Montreal, Canada, (4) _____, health and sleep patterns of more than 1,000 people. She wanted to (5) _____ to which food affected dreams. She based her research on a 2015 study that looked into "food-dependent dreaming". Participants in the 2015 study blamed cheese and other dairy (6) _____ their sleep.

Dr St-Onge discovered that people with gastrointestinal problems and lactose intolerance had scarier (7) _____ nightmares. She said: "If you have gastrointestinal issues, that (8) _____ a lot of what's happening in terms of sleep disturbances that could (9) _____ different dreams." Her colleague, Dr Tore Nielsen, said: "Sleep disturbances affect (10) _____ of the general population. One large survey found that 30-40 per cent of individuals will have (11) _____ sleep disorder in their lifetime." Previous research suggests that about 85 per cent of adults have a (12) _____ once a year, with about 5 per cent of people experiencing them frequently.

COMPREHENSION QUESTIONS

From <https://breakingnewsenglish.com/2507/250707-cheese-nightmares.html>

1. What is the name of the journal mentioned in the first paragraph?
2. What are lactose intolerant people prone to besides bad dreams?
3. How many people's sleep patterns did a professor look at?
4. What did a 2015 study look into?
5. What did people in the 2015 study blame cheese for?
6. What else might cause nightmares besides lactose intolerance?
7. How is Dr Tore Nielsen related to Marie-Pierre St-Onge?
8. How many people did Marie-Pierre St-Onge had sleep disturbances?
9. How many people will have a serious clinical sleep disorder?
10. What do five per cent of people experience frequently?

MULTIPLE CHOICE - QUIZ

From <https://breakingnewsenglish.com/2507/250707-cheese-nightmares.html>

- 1) What is the name of the journal mentioned in the first paragraph?
 - a) Cheese and Nightmares
 - b) Frontiers in Psychology
 - c) Dairy Products and Sleep
 - d) Issues with Lactose, Glucose and Fructose
- 2) What are lactose intolerant people prone to besides bad dreams?
 - a) headaches
 - b) daydreaming
 - c) light patches on their skin
 - d) insomnia
- 3) How many people's sleep patterns did a professor look at?
 - a) fewer than 1,000
 - b) exactly 1,000
 - c) more than 1,000
 - d) about 1,000
- 4) What did a 2015 study look into?
 - a) food-dependent dreaming
 - b) the problems of milk
 - c) Why people dream about food.
 - d) food-dependent cheese
- 5) What did people in the 2015 study blame cheese for?
 - a) the problems of the world
 - b) disturbing their sleep
 - c) bad skin
 - d) forgetfulness
- 6) What else might cause nightmares besides lactose intolerance?
 - a) gastrointestinal problems
 - b) gum disease
 - c) high blood pressure
 - d) a sweet tooth
- 7) How is Dr Tore Nielsen related to Marie-Pierre St-Onge?
 - a) She is a patient.
 - b) They are friends.
 - c) She is a colleague.
 - d) They are married.
- 8) How many people did Marie-Pierre St-Onge had sleep disturbances?
 - a) a huge proportion of the general population
 - b) a small percentage of the population.
 - c) almost nobody
 - d) about half of us
- 9) How many people will have a serious clinical sleep disorder?
 - a) about 60-70% of people
 - b) about 50-60% of people
 - c) about 40-50% of people
 - d) about 30-40% of people
- 10) What do five per cent of people experience frequently?
 - a) toothache
 - b) insomnia
 - c) nightmares
 - d) indigestion due to cheese

ROLE PLAY

From <https://breakingnewsenglish.com/2507/250707-cheese-nightmares.html>

Role A – Cheese

You think cheese is the best dairy product. Tell the others three reasons why. Tell them what is wrong with their dairy products. Also, tell the others which is the least tasty of these (and why): milk, yoghurt or butter.

Role B – Milk

You think milk is the best dairy product. Tell the others three reasons why. Tell them what is wrong with their dairy products. Also, tell the others which is the least tasty of these (and why): cheese, yoghurt or butter.

Role C – Yoghurt

You think yoghurt is the best dairy product. Tell the others three reasons why. Tell them what is wrong with their dairy products. Also, tell the others which is the least tasty of these (and why): milk, cheese or butter.

Role D – Butter

You think butter is the best dairy product. Tell the others three reasons why. Tell them what is wrong with their dairy products. Also, tell the others which is the least tasty of these (and why): milk, yoghurt or cheese.

AFTER READING / LISTENING

From <https://breakingnewsenglish.com/2507/250707-cheese-nightmares.html>

1. WORD SEARCH: Look online / in your dictionary to find collocates, information on, synonyms for... the words 'dream' and 'nightmare'.

dream	nightmare

- 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">• particular• journal• prone• diet• degree• looked	<ul style="list-style-type: none">• scarier• issues• terms• huge• clinically• year
---	---

DREAMS SURVEY

From <https://breakingnewsenglish.com/2507/250707-cheese-nightmares.html>

Write five GOOD questions about dreams 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.

DREAMS 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 'dream'?
3. What do you think of dreams?
4. What do you think of cheese and dairy products?
5. Why do people have nightmares?
6. What kinds of dreams do you have?
7. Would you like to remember all your dreams?
8. Do dreams have any meaning?
9. What can people do if they have insomnia?
10. What food would give us different kinds of dreams?

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DREAMS 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 'nightmare'?
13. What do you think about what you read?
14. What do you think of nightmares?
15. What would it be like to be lactose intolerant?
16. How often is your sleep disturbed?
17. What do you do when you can't sleep?
18. What can we do to stop having bad dreams and nightmares?
19. Why is it bad to eat before sleeping?
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. _____

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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 <https://breakingnewsenglish.com/2507/250707-cheese-nightmares.html>

New research suggests that dairy (1) _____, cheese in particular, could (2) _____ people nightmares. Research published in the journal "Frontiers in Psychology" found that people with a (3) _____ lactose intolerance were more prone to bad dreams and insomnia. Professor Marie-Pierre St-Onge, director of the Dream and Nightmare Lab in Montreal, Canada, analyzed the (4) _____, health and sleep patterns of more than 1,000 people. She wanted to investigate the degree to which food affected dreams. She (5) _____ her research on a 2015 study that looked into "food-dependent dreaming". Participants in the 2015 study blamed cheese and other dairy products (6) _____ disturbing their sleep.

Dr St-Onge discovered that people with gastrointestinal problems and lactose intolerance had (7) _____ and more frequent nightmares. She said: "If you have gastrointestinal issues, that could account (8) _____ a lot of what's happening in terms of sleep disturbances that could be associated with different dreams." Her colleague, Dr Tore Nielsen, said: "Sleep disturbances (9) _____ a huge proportion of the general population. One large survey found that 30-40 per cent of individuals will have a (10) _____ significant sleep disorder in their lifetime." (11) _____ research suggests that about 85 per cent of adults (12) _____ a nightmare at least once a year, with about 5 per cent of people experiencing them frequently.

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

- | | | | | |
|-----|----------------|----------------|--------------|--------------|
| 1. | (a) production | (b) product | (c) products | (d) produces |
| 2. | (a) give | (b) side | (c) dream | (d) watch |
| 3. | (a) severe | (b) sever | (c) several | (d) severed |
| 4. | (a) diet | (b) dietician | (c) dietary | (d) dieted |
| 5. | (a) biased | (b) debased | (c) basted | (d) based |
| 6. | (a) on | (b) at | (c) of | (d) for |
| 7. | (a) scarier | (b) scares | (c) scarred | (d) scare |
| 8. | (a) in | (b) by | (c) of | (d) for |
| 9. | (a) affect | (b) infect | (c) effect | (d) deflect |
| 10. | (a) clinician | (b) clinically | (c) clinic | (d) clinics |
| 11. | (a) impervious | (b) previous | (c) perilous | (d) improved |
| 12. | (a) have | (b) see | (c) watch | (d) scare |

SPELLING

From <https://breakingnewsenglish.com/2507/250707-cheese-nightmares.html>

Paragraph 1

1. yadri products
2. nirrsetfo in psychology
3. a severe lactose nolctenarei
4. prone to bad dreams and iiannmson
5. She wanted to asttvnigiee
6. food-ntpddneee dreaming

Paragraph 2

7. people with enoaltingsaristt problems
8. sleep tdusbesnirca
9. oaesitscda with different dreams
10. Her egellacuo Dr Tore Nielsen
11. affect a huge piorortpon
12. a lacinlily significant sleep disorder

PUT THE TEXT BACK TOGETHER

From <https://breakingnewsenglish.com/2507/250707-cheese-nightmares.html>

Number these lines in the correct order.

- () 2015 study blamed cheese and other dairy products for disturbing their sleep.
- () account for a lot of what's happening in terms of sleep disturbances that could be associated
- () and more frequent nightmares. She said: "If you have gastrointestinal issues, that could
- () and Nightmare Lab in Montreal, Canada, analyzed the diet, health and sleep patterns
- () Dr St-Onge discovered that people with gastrointestinal problems and lactose intolerance had scarier
- () her research on a 2015 study that looked into "food-dependent dreaming". Participants in the
- () in the journal "Frontiers in Psychology" found that people with a severe lactose intolerance were more
- (**1**) New research suggests that dairy products, cheese in particular, could give people nightmares. Research published
- () nightmare at least once a year, with about 5 per cent of people experiencing them frequently.
- () of more than 1,000 people. She wanted to investigate the degree to which food affected dreams. She based
- () prone to bad dreams and insomnia. Professor Marie-Pierre St-Onge, director of the Dream
- () proportion of the general population. One large survey found that 30-40 per cent of individuals will have a clinically
- () significant sleep disorder in their lifetime." Previous research suggests that about 85 per cent of adults have a
- () with different dreams." Her colleague, Dr Tore Nielsen, said: "Sleep disturbances affect a huge

PUT THE WORDS IN THE RIGHT ORDER

From <https://breakingnewsenglish.com/2507/250707-cheese-nightmares.html>

1. Cheese particular, nightmares in give people could .
2. People prone were with intolerance lactose severe more .
3. Investigate food to dreams affected the which of degree the .
4. A 2015 food-dependent looked that dreaming into study .
5. Participants other cheese dairy and blamed products .
6. People intolerance gastrointestinal with problems and lactose .
7. What's in disturbances sleep happening terms of .
8. Affect huge general of the population proportion a .
9. Individuals disorder have a sleep significant clinically will .
10. Have least at once nightmare a a year .

CIRCLE THE CORRECT WORD (20 PAIRS)

From <https://breakingnewsenglish.com/2507/250707-cheese-nightmares.html>

New research suggests that dairy products, cheese in *peculiar* / *particular*, could give people nightmares. Research published in the journal "Frontiers in Psychology" found *what* / *that* people with a severe lactose intolerance were more *prone* / *prove* to bad dreams and *insomnia* / *insomniac*. Professor Marie-Pierre St-Onge, director of the Dream and Nightmare Lab in Montreal, Canada, analyzed *a* / *the* diet, health and sleep patterns of more than 1,000 people. She wanted to investigate the degree to *what* / *that* food affected dreams. She based her research *on* / *in* a 2015 study that looked *onto* / *into* "food-dependent dreaming". *Participants* / *Participates* in the 2015 study blamed cheese and other dairy products for *disturbance* / *disturbing* their sleep.

Dr St-Onge *discovered* / *discovery* that people with gastrointestinal problems and lactose intolerance had *scarred* / *scarier* and more *frequent* / *frequently* nightmares. She said: "If you have gastrointestinal issues, that could account *to* / *for* a lot of what's happening in *teams* / *terms* of sleep disturbances that could be associated *with* / *of* different dreams." Her colleague, Dr Tore Nielsen, said: "Sleep disturbances affect a huge proportion *at* / *of* the general population. One large survey found that 30-40 per cent of individuals will have a *clinically* / *clinic* significant sleep disorder in their lifetime." Previous research suggests that about 85 per cent of adults have a nightmare *at* / *for* least once a year, with about 5 per cent of people *experiencing* / *experiential* them frequently.

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)

From <https://breakingnewsenglish.com/2507/250707-cheese-nightmares.html>

N_w r_s__rch s_gg_sts th_t d__ry pr_d_cts, ch__s_ _n p_rt_c_l_r, c__ld g_v_ p__pl_ n_gh_t_m_r_s. R_s__rch p_bl_sh_d _n th_ j__rn_l "Fr_nt__rs _n Psych_l_gy" f__nd th_t p__pl_ w_th _ s_v_r_ l_ct_s_ _nt_l_r_nc_ w_r_ m_r_ pr_n_ t_ b_d dr__ms _nd _ns_mn__.

Pr_f_ss_r M_r__-P__rr_ St-ng_, d_r_ct_r _f th_ Dr__m _nd N_gh_t_m_r_ L_b _n M_ntr__l, C_n_d_, _n_lyz_d th_ d__t, h__lth _nd sl__p p_tt_rns _f m_r_ th_n 1,000 p__pl_. Sh_ w_nt_d t_ _nv_st_g_t_ th_ d_gr__ t_ wh_ch f__d _ff_ct_d dr__ms. Sh_ b_s_d h_r r_s__rch _n _ 2015 st_dy th_t l__k_d _nt_ "f__d-d_p_nd_nt dr__m_ng". P_rt_c_p_nts _n th_ 2015 st_dy bl_m_d ch__s_ _nd _th_r d__ry pr_d_cts f_r d_st_rb_ng th__r sl__p.

Dr St-ng_ d_sc_v_r_d th_t p__pl_ w_th g_str__nt_st_n_l pr_bl_ms _nd l_ct_s_ _nt_l_r_nc_ h_d sc_r__r _nd m_r_ fr_q__nt n_gh_t_m_r_s. Sh_ s__d: "f_y__ h_v_ g_str__nt_st_n_l _ss__s, th_t c__ld _cc__nt f_r _ l_t _f wh_t's h_pp_n_ng _n t_rms _f sl__p d_st_rb_nc_s th_t c__ld b_ _ss_c__t_d w_th d_ff_r_nt dr__ms." H_r c_ll__g__, Dr T_r_ N__ls_n, s__d: "Sl__p d_st_rb_nc_s _ff_ct _ h_g_ pr_p_r_t__n _f th_ g_n_r_l p_p_l_t__n. _n_ l_rg_ s_rv_y f__nd th_t 30-40 p_r c_nt _f _nd_v_d__ls w_ll h_v_ _ cl_n_c_lly s_gn_f_c_nt sl__p d_s_rd_r _n th__r l_f_t_m_." Pr_v__s r_s__rch s_gg_sts th_t _b__t 85 p_r c_nt _f _d_lts h_v_ _ n_gh_t_m_r_ _t l__st _nc_ _ y__r, w_th _b__t 5 p_r c_nt _f p__pl_ _xp_r__nc_ng th_m fr_q__ntly.

PUNCTUATE THE TEXT AND ADD CAPITALS

From <https://breakingnewsenglish.com/2507/250707-cheese-nightmares.html>

new research suggests that dairy products cheese in particular could give people nightmares research published in the journal frontiers in psychology found that people with a severe lactose intolerance were more prone to bad dreams and insomnia professor mariepierre stonge director of the dream and nightmare lab in montreal canada analyzed the diet health and sleep patterns of more than 1000 people she wanted to investigate the degree to which food affected dreams she based her research on a 2015 study that looked into fooddependent dreaming participants in the 2015 study blamed cheese and other dairy products for disturbing their sleep

dr stonge discovered that people with gastrointestinal problems and lactose intolerance had scarier and more frequent nightmares she said if you have gastrointestinal issues that could account for a lot of whats happening in terms of sleep disturbances that could be associated with different dreams her colleague dr tore nielsen said sleep disturbances affect a huge proportion of the general population one large survey found that 3040 per cent of individuals will have a clinically significant sleep disorder in their lifetime previous research suggests that about 85 per cent of adults have a nightmare at least once a year with about 5 per cent of people experiencing them frequently

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2507/250707-cheese-nightmares.html>

New research suggests that dairy products, cheese in particular, could give people nightmares. Research published in the journal "Frontiers in Psychology" found that people with a severe lactose intolerance were more prone to bad dreams and insomnia. Professor Marie-Pierre St-Onge, director of the Dream and Nightmare Lab in Montreal, Canada, analyzed the diet, health and sleep patterns of more than 1,000 people. She wanted to investigate the degree to which food affected dreams. She based her research on a 2015 study that looked into "food-dependent dreaming". Participants in the 2015 study blamed cheese and other dairy products for disturbing their sleep. Dr St-Onge discovered that people with gastrointestinal problems and lactose intolerance had scarier and more frequent nightmares. She said: "If you have gastrointestinal issues, that could account for a lot of what's happening in terms of sleep disturbances that could be associated with different dreams." Her colleague, Dr Tore Nielsen, said: "Sleep disturbances affect a huge proportion of the general population. Our large survey found that 30-40 percent of individuals will have a clinically significant sleep disorder in their lifetime." Previous research suggests that about 85 percent of adults have a nightmare at least once a year, with about 5 percent of people experiencing them frequently.

FREE WRITING

From <https://breakingnewsenglish.com/2507/250707-cheese-nightmares.html>

Write about **dreams** for 10 minutes. Comment on your partner's paper.

[illegible]

ACADEMIC WRITING

From <https://breakingnewsenglish.com/2507/250707-cheese-nightmares.html>

We should never eat before bed. Discuss.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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

4. RECORDING DREAMS: Write a magazine article about inventing software that can record dreams for us to watch. 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 dreams. Ask him/her three questions about them. Give him/her three of your opinions of dreams. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

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

TRUE / FALSE (p.5)

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

SYNONYM MATCH (p.5)

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

COMPREHENSION QUESTIONS (p.9)

- Frontiers in Psychology
- Insomnia
- More than 1,000
- Food-dependent dreaming
- Disturbing their sleep
- Gastrointestinal problems
- She is a colleague.
- A huge proportion of the general population
- About 30-40% of people
- Nightmares

WORDS IN THE RIGHT ORDER (p.19)

- Cheese in particular, could give people nightmares.
- People with severe lactose intolerance were more prone.
- Investigate the degree to which food affected dreams.
- A 2015 study that looked into food-dependent dreaming.
- Participants blamed cheese and other dairy products.
- People with gastrointestinal problems and lactose intolerance.
- What's happening in terms of sleep disturbances.
- Affect a huge proportion of the general population.
- Individuals will have a clinically significant sleep disorder.
- Have a nightmare at least once a year.

MULTIPLE CHOICE - QUIZ (p.10)

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

ALL OTHER EXERCISES

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