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The 4 page 60 minute ESL British English lesson – 20/02/14

## Night work can 'throw your body into chaos'

New research has shown that working nights can throw your body into chaos. It could also cause long-term damage. It is already known that shift work can lead to higher rates of ovarian cancer, as well as breast cancer.

Night work can lead to obesity and type 2 diabetes. One can suffer a stroke or have a heart attack. Shift work can also have an adverse effect on one's lifestyle.

Scientists say that the human body has its own natural rhythm or body clock tuned to sleep at night and to be active during the day. Changing this has profound effects on the body.

Working nights can alter everything from your hormones to body temperature. Your mood can be affected, as can your brain. It can also affect your athletic activity and your sugar levels. It does explain why we feel so bad during jet lag or if we have to work irregular shifts.

People who work shifts find the hardest time is around 4.30am. Some say this is when a strong coffee or tea gets them through till the end of their shift.

Many people work nights. The obvious ones are doctors and nurses or the people who work in care homes. Railwaymen repair the rails at night, some shop workers refill the shelves. Some people work shift work in 24 hour take away fast food outlets. Others who work nights include folk who work at airports; like check in staff. Some people work on aeroplanes that criss-cross different time zones.

Limiting night shifts can alter sleep patterns. One's body clock can be all over the place. Diet can also be affected.

### SPEAKING – WARM UP

Think of three types of night work. Go round the room swapping details with others.

### LISTENING – WRITING - DICTATION

The teacher will read some lines of the article slowly to the class.

### READING

Students should now read the article aloud, swapping readers every paragraph.

### SPEAKING - UNDERSTANDING

**1) The article** – Students check any unknown vocabulary or phrases with the teacher.

**2) The article** - Students should look through the article with the teacher.

- 1) What is the article about?
- 2) What do you think about the article?
- 3) Was this an easy or difficult article to understand?
- 4) Was this a boring or interesting article?
- 5) Discuss the article.

**3) Article quiz** - Students quiz each other in pairs. Score a point for each correct answer. Score half a point each time you have to look at the article for help. See who can get the highest score!

#### Student A questions

- 1) What can throw your body into chaos?
- 2) What happens at 4.30am?
- 3) Name three types of job performed at night.
- 4) What is obesity?
- 5) What is a stroke?

#### Student B questions

- 1) What is breast cancer?
- 2) What does 'chaos' mean?
- 3) Working nights can alter what in your body?
- 4) What is jet lag?
- 5) When is a good time for a coffee or tea at night?

**Category: Health / Science / Night Work  
Intermediate / Upper Intermediate**

## Night work can 'throw your body into chaos' - 20<sup>th</sup> February 2014

### WRITING / SPEAKING

*In pairs.* On the board write as many words as you can to do with '**Night work**'. *One-two minutes.* Compare with other teams. Using your words compile a short dialogue together.

### WRITING / SPEAKING

*In pairs* – From the article choose three illnesses you might suffer as a result of working nights. Write them below. Talk about them.

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

**Add** three jobs you might consider doing if working at night. Discuss together.

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

*The teacher* will choose some pairs to discuss their findings in front of the class.

### WRITING / SPEAKING

*In pairs,* write five advantages of working during the day and five of working at night; then add five disadvantages of both.

*The teacher* will choose some students to read out their work to the class.

### DISCUSSION

#### Student A questions

- 1) Did the headline make you want to read the article?
- 2) Do you do shift work?
- 3) Have you ever worked at night?
- 4) What jobs have you done at night?
- 5) Do you prefer to work during the day or at night?
- 6) Have you ever been ill because of working nights?
- 7) What is your most memorable occasion when working at night?
- 8) Do you prefer shift work or 9 to 5?
- 9) Would you like to work in an airport?
- 10) Have you learnt anything in today's English lesson?

### SPEAKING – ROLEPLAY 1

*In groups.* One of you is the interviewer. There are up to four guests who all work the night shift. You are in the BBC Science TV studio. Today's interview is: *Night work can 'throw your body into chaos'*. 10 mins.

- 1) A nurse/doctor.
- 2) A care worker.
- 3) A railwayman/other.
- 4) A fast food worker/other.

*The teacher* will choose some groups to roleplay their interview in front of the class.

### SPEAKING - ROLEPLAY 2

*In pairs.* Student A thinks working at night is ok. Student B prefers 9 to 5. 5 mins.

### SPEAKING – DISCUSSION

Allow 10 minutes – As a class.

*Night work can 'throw your body into chaos'*  
(Google some examples!)

*The teacher* can moderate the session.

### DISCUSSION

#### Student B questions

- 1) What do you think about what you've read?
- 2) What advice would you give anyone working nights?
- 3) Do you know anyone who works shift work?
- 4) Have you ever had jet lag?
- 5) Would you like to work in a fast food outlet?
- 6) Were you aware of the dangers of working at night before today's English lesson?
- 7) Does your mood change if you have been working nights?
- 8) What time do you start work?
- 9) Has this been a difficult lesson for you to understand?
- 10) Did you like this discussion?

**GAP FILL: READING**

**Night work can 'throw your body into chaos'**

New research has shown that working nights can throw your body into (1)\_\_. It could also cause long-term (2)\_\_. It is already known that shift work can lead to higher rates of ovarian (3)\_\_, as well as breast cancer.

Night work can lead to obesity and type 2 diabetes. One can suffer a stroke or have a heart attack. Shift work can also have an adverse effect on one's lifestyle.

Scientists say that the human body has its own natural (4)\_\_ or body clock tuned to sleep at night and to be active during the day. Changing this has (5)\_\_ effects on the body.

Working nights can alter everything from your (6)\_\_ to body temperature. Your mood can be affected, as can your (7)\_\_. It can also affect your athletic activity and your sugar levels. It does explain why we feel so bad during (8)\_\_ or if we have to work irregular shifts.

**brain / chaos / cancer / profound / hormones / jet lag / rhythm / damage /**

People who work (1)\_\_ find the hardest time is around 4.30am. Some say this is when a strong coffee or tea gets them through till the end of their shift.

Many people work nights. The (2)\_\_ ones are doctors and nurses or the people who work in care homes. Railwaymen repair the rails at night, some shop workers refill the (3)\_\_. Some people work shift work in 24 hour take away (4)\_\_ outlets. Others who work nights include folk who work at airports; like check in staff. Some people work on (5)\_\_ that (6)\_\_ different (7)\_\_.

Limiting night shifts can alter sleep patterns. One's body clock can be all over the place. (8)\_\_ can also be affected.

**fast food / shifts / aeroplanes / diet / shelves / obvious / time zones / criss-cross**

**GAP FILL: GRAMMAR**

**Night work can 'throw your body into chaos'**

New research has shown that working nights can throw your body (1)\_\_ chaos. It (2)\_\_ also cause long-term damage. It is already known that shift work can lead to higher rates of ovarian cancer, (3)\_\_ breast cancer.

Night work can lead to obesity and type 2 diabetes. One can suffer a stroke or have a heart attack. Shift work can also have an adverse effect on one's lifestyle.

Scientists say (4)\_\_ the human body has its own natural rhythm or body clock tuned to sleep at night and to be active during the day. Changing (5)\_\_ has profound effects on the body.

Working nights can alter everything (6)\_\_ your hormones to body temperature. Your mood can be affected, as can your brain. It can (7)\_\_ affect your athletic activity and (8)\_\_ sugar levels. It does explain why we feel so bad during jet lag or if we have to work irregular shifts.

**your / that / could / also / this / into / as well as / from**

People (1)\_\_ work shifts find the hardest time is around 4.30am. Some say this is when (2)\_\_ strong coffee (3)\_\_ tea gets them through till the end (4)\_\_ their shift.

Many people work nights. The obvious ones are doctors (5)\_\_ nurses or the people who work in care homes. Railwaymen repair the rails at night, some shop workers refill (6)\_\_ shelves. Some people work shift work in 24 hour take away fast food outlets. Others who work nights include folk who work (7)\_\_ airports; like check in staff. Some people work (8)\_\_ aeroplanes that criss-cross different time zones.

Limiting night shifts can alter sleep patterns. One's body clock can be all over the place. Diet can also be affected.

**and / the / who / on / at / or / of / a**

## GAP FILL: LISTENING

### Night work can 'throw your body into chaos'

New research has shown that working nights can throw \_\_\_\_\_. It could also cause long-term damage. It is already known that shift work can lead to higher rates of ovarian cancer, as well as breast cancer.

Night work can lead to obesity and type 2 diabetes. One can suffer a stroke or \_\_\_\_\_. Shift work can also have an adverse effect on one's lifestyle.

Scientists say that the human body has its own \_\_\_\_\_ body clock tuned to sleep at night and to be active during the day. Changing this has \_\_\_\_\_ the body.

Working nights can alter everything from your hormones to body temperature. Your mood can be affected, as can your brain. It can also affect your athletic activity and your sugar levels. It does explain why we feel so bad during jet lag or if we have to work \_\_\_\_\_.

People who work shifts find the hardest time is around 4.30am. Some say this is when a \_\_\_\_\_ gets them through till the end of their shift.

Many people work nights. The obvious ones are \_\_\_\_\_ or the people who work in care homes. Railwaymen repair the rails at night, some shop workers \_\_\_\_\_. Some people work shift work in 24 hour take away fast food outlets. Others who work nights include folk who work at airports; like check in staff. Some people work on aeroplanes that criss-cross \_\_\_\_\_.

Limiting night shifts can alter sleep patterns. One's body clock can be all over the place. Diet \_\_\_\_\_.

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## WRITING/SPELLING

### WRITING / SPEAKING

**1) On the board** - *In pairs, as a class* - write down 20 different shift work jobs. Talk about them! *5 mins.*

**2) Sentence starters** - Finish these sentence starters. Correct your mistakes. Compare what other people have written.

- 1) Shift work \_\_\_\_\_
- 2) Working nights \_\_\_\_\_
- 3) Nurses and doctors \_\_\_\_\_

**3) Homework** - Write and send a 200 word email to your teacher about: **Working nights.** Your email can be read out in class.

### GAP FILL READING

- 1) chaos
- 2) damage
- 3) cancer
- 4) rhythm
- 5) profound
- 6) hormones
- 7) brain
- 8) jet lag

### ANSWERS

- 1) shifts
- 2) obvious
- 3) shelves
- 4) fast food
- 5) aeroplanes
- 6) criss-cross
- 7) time zones
- 8) diet

### SPELLING

The teacher will ask the class individually to spell the following words that are in the article. Afterwards check your answers.

- 1) chaos
- 2) scientists
- 3) temperature
- 4) rhythm
- 5) hormones
- 6) brain
- 7) jet lag
- 8) athletic
- 9) irregular
- 10) shifts

### SPELLING

Use the following ratings:

**Pass = 12**

**Good = 15**

**Very good = 18**

**Excellent = 20**

- 11) through
- 12) obvious
- 13) railwaymen
- 14) shelves
- 15) aeroplanes
- 16) although
- 17) diet
- 18) although
- 19) stroke
- 20) adverse

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