

## TIME

### LISTENING

#### Glossary

##### *hormone*

a substance that is produced by your body that helps it to develop and grow

##### *liver*

the part of your body that cleans the blood

##### *white blood cells*

the parts of your blood that defend the body against diseases

- 1) Listen to an interview with Dr. Lee, an expert on body clocks. Put the following actions at the best time on the body?
- avoid making important professional decisions
  - have dinner
  - drink alcohol
  - go to sleep at night
  - avoid people who are sick
  - study
  - play competitive sports like tennis

A.M.	1	2	3	4	5	6	7	8	9	10	11	12
		a										
P.M.	1	2	3	4	5	6	7	8	9	10	11	12

- 2) Listen again and complete the sentences.
- The hormones melatonin and cortisol affect how tired we feel.
  - Many people have dinner when their sense of \_\_\_\_\_ and \_\_\_\_\_ is at its best.
  - It's better to have an early dinner because the \_\_\_\_\_ doesn't work well at night.
  - It's a good idea to go to bed early because it's good for our \_\_\_\_\_.
  - The number of white blood cells in the body is \_\_\_\_\_ at the start of the day.
  - We can think fast after lunch, although the \_\_\_\_\_ is slow.