

Body Clock

(Adapted from SB pages 36 and 37)

In order to solve these exercises please have at hand the reading passage on page 37 from your SB.

- 1) Match the paragraphs (A-H) with questions 1-10 below. Two of the paragraphs match more than one question.**

In which period of the day...

- 1 do you completely stop digesting food?
- 2 is it best to be physically active?
- 3 do our bodies have difficulty digesting certain foods?
- 4 are older people more likely to have accidents?
- 5 does your body contain the most melatonin?
- 6 are you best at remembering things over short periods of time?
- 7 are you at your strongest physically?
- 8 does your body stop making melatonin?
- 9 is your body at its coolest?
- 10 does your body begin to become cooler?

- 2) Read the article again and answer the questions.**

- a) How much more sleep does a young child need than an adolescent?
- b) What's the difference between 'larks' and 'owls'?
- c) Why is it better not to exercise early in the morning?
- d) When do sportspeople think is a good time to try to break a record?
- e) If you want to lose weight, which is more important: when you eat or how much you eat?
- f) Why is it not a good idea to use gadgets such as tablets and mobiles late at night?

- 3) Look at the highlighted words in the article. What part of speech are they?
- 4) Find a homonym for each of the highlighted words in the article. If the meaning is different, translate the words. Use a dictionary to help you.

WORD	PART OF SPEECH	HOMONYM	TRANSLATION
<i>exercise</i>	<i>verb</i>	<i>exercise (noun)</i>	<i>ejercicio</i>
Show			
work			
hard			
Record			
light			
level			
rest			