

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?

- a. avoid making important professional decisions
- b. have dinner
- c. drink alcohol
- d. go to sleep at night
- e. avoid people who are sick
- f. study
- g. play competitive sports like tennis

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

- 2) Listen again and complete the sentences.

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