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 you 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 nee 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 thing is a food 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 food 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
exercise	*verb*	*exercise (noun)*	*ejercicio*
Show			
work			
hard			
Record			
light			
level			
rest			