Reading

'Routine' is usually seen as a negative term nowadays, largely because we no longer belong to a society of nine-to-fivers. We live in what is fast becoming a 24-hour society, where everything is open all hours. You can buy your groceries at midnight, book your holiday on the Internet at 3 am, and do business online at the crack of dawn. Before you join the 24-hour **revolution**, however, take a minute to listen to what your body is trying to tell you – that a round-the-clock lifestyle is not what nature intended.

In an area of our brains called the hypothalamus, we have a 'body clock' that controls our body's natural rhythms. It tells us when it's the right time to eat, sleep, work and play. It plays an important part in our **physical** and **psychological** well-being. It is, in fact, what makes us tick and it controls many things including our **hormones**, temperature, immune functions and **alertness**. It **synchronises** all these like a conductor with an orchestra. It regulates tempo and brings in all the different instruments on time to make music rather than **random** noise. If we try to ignore our body clocks, or even to switch them off for a while, we not only **deprive** ourselves of much needed rest but we also run the risk of seriously damaging our health.

Ignoring your body clock and changing your body's natural rhythms can not only make you **depressed**, **anxious** and **accident prone**, it can lead to much more serious health problems. For example, **heart disease**, **fatigue**, **ulcers**, **muscular pain**, and **frequent viral infections** can all result from trying to **outsmart** our body clocks. Altering our patterns of sleeping and waking dramatically affects our **immune system**. While we sleep the body's **repair mechanisms** are at work, when we are awake natural killer cells **circulate** around our bodies and cause more damage. Our **digestive system** is affected, too – high levels of **glucose** and fat remain in our **bloodstream** for longer periods of time and this can lead to heart disease.

Unfortunately, we were not designed to be members of a 24-hour society. We can't ignore millions of years of **evolution** and stay up all night and sleep all day. We function best with a regular pattern of sleep and wakefulness that is **in tune with** our natural environment. Nature's cues are what keep our body clocks ticking rhythmically and everything working in **harmony**. So, next time you think a daily routine is boring and **predictable**, remember that routine may well save your life in the long run.

LIVEWORKSHEETS

a. Is it important to have a standard daily routine?
b. Why/Why not?

READ THE TEXT. FOR QUESTIONS 1-8 CHOOSE THE CORRECT ANSWER

1.-According to the text, what is one of the advantages of living a 24-hour lifestyle?

A. You never have to worry about arranging your holidays.
B. You can do office work as early or as late as you like.
C. Shopping can be delivered to your home anytime
D. People don't work from nine to five anymore.

2.- What does *it* **in line 12** refer to?

A. our body's natural rhythms
B. the hypothalamus
C. our body's biological clock
D. our brain

3.- What does the word **tick** in line 14 mean?

A. check
B. motivate
C. select
D. function

4.- In what way is our body clock like the conductor of an orchestra?

A. It regulates the actions of the hypothalamus
B. Its timing has to be very exact
C. It affects our response to music.
D. It helps the body's functions to work together

5.- If we change our sleep patterns, we

A. will get an infection
B. will distrub our immune system
C. Will get heart disease
D. get high levels of dangerous cells.

6. What happens during sleep?

A. The body destroys lots of harmful cells
B. High levels of glucose and fat are created
C. Our body clock shuts down temporarily
D. The daily damage to the body is mended

LIVEWORKSHEETS

7. According to the text, we should

A. do things when our body, tells us to.

B. organise our body clock shuts down temporarily

C. use the natural environment to work out a regular routine

D. have a boring, slow-paced lifestyle

8.- According to the text, our body clock

A. can be changed without harm

B. determines when we should do things

C. helps us to fight sleep

D. is a boring routine

VOCABULARY

Match the words in colum A to those in column B to make collocations

| A | B |
|---|---|
| SPLITTING | POISONING |
| BLACK | WRIST |
| SPRAINED | BLEED |
| TRAVEL | COLD |
| PULLED | HEADACHE |
| FOOD | SICKNESS |
| SORE | MUSCLE |
| STREAMING | EYE |
| NOSE | THROAT |

LIVEWORKSHEETS

Idioms & Fixed phrases

Fill in the words from the list. Then explain the phrases formed with words in bold

| Mouth - finger - stomach - tooth - chest - bones |
|---|

1. Martin loves chocolate and biscuits – he's really got **a sweet** _____
2. Thanks for listening. I needed to **get that off my** _____
3. There's something wrong with the car, but I just can't **put my** _____on what it is.
4. Surgeons need to have **a strong** _____, becaise they can't let the sight of blood injuries upset them.
5. I'm sure something is going to go wrong today. I can **feel it in my** _____.
6. **I** didn't say that. Please don't **put words into my** _____.

Underline the correct word then explain the phrases

1. At the start of the meeting the boss told a few jokes **to break the *ice/pace.***
2. Debbie **has itchy *feet/boots***- she never stays in one place for more than a year or two before she goes travelling again.

Complete the sentences, using the words in bold.

You must use between two or five words, including the word given. Do not change the word in bold.

1. Mildred didn't go to hospital, it was only a minor injury.
   **HAVE**
   Mildred _____ to hospital, it was only a minor injury.

2. "I feel better after taking that medicine," said Steven
   **HAD**
   Steven said that taking the medicine _____good.

LIVEWORKSHEETS

LIVEWORKSHEETS