
CHAPTER 10 – OUT TO LUNCH

PART A: Vocabulary

Choose a word from the box below to complete each sentence. Some words will not be used.

drowsy	tradition	difficulty	leisure	drowsiness	traditional	difficult	leisurely
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Example: When you're very tired and ready for bed, you're _____drowsy_____.

1. The young couple walked down the street at a _____ pace, stopping to look into all of the shop windows.
2. Exchanging gifts is a Christmas _____ in many parts of the world.
3. In a _____ British wedding ceremony, the bride wears a long, white dress.
4. In my _____ time, I enjoy playing tennis, running, and painting.
5. Since Ron has been fired from his last three jobs, he's having _____ finding work.

PART B: Language Focus

Rewrite the sentences using **It's + adjective + infinitive**.

Example: Taking a nap in the middle of the day is healthy.

→ It's healthy to take a nap in the middle of the day.

1. Becoming a professional basketball player is difficult if you are short.

2. Driving a car after drinking alcohol is dangerous.

3. Traveling to foreign countries is fascinating.

4. Taking a nap every afternoon for a couple of hours is common in Spain.

5. Stealing something from a store is wrong.

PART C: Comprehension

1. A biphasic creature needs ?

- A. eight hours of sleep A day
- B. two sleep periods a day
- C. along night of sleep

2. When do people do during the midday break in Spain?

- A. go home for lunch
- B. do errands
- C. go shopping

PART D: Reading comprehension

Read the passage and answer the questions that follow.

The Power of Napping

Many people feel a mid-afternoon slump in mood and alertness. Many people believe that this slump is caused by eating a heavy lunch, or by getting a poor night's sleep the night before. In fact, this slump occurs naturally because humans were meant to have a mid-afternoon nap.

Thomas Edison, Winston Churchill, Albert Einstein, and Bill Clinton are all famous fans of napping—and with good reason. Various evidence, including the universal tendency of toddlers' and the elderly to nap in the afternoon, and the afternoon nap of siesta cultures, have led many scientists to the same conclusion: nature tells us to take a nap in the middle of the day. Short periods of sleep have been shown to improve alertness, memory and motor skills, decision-making, and mood—all while cutting down on stress, carelessness, and even heart disease.

Our biological urge to sleep in the middle of the afternoon coincides with a slight drop in body temperature. This drop occurs whether we have lunch or not. A midday nap is a part of the daily routine of many cultures, especially those near the equator. This all seems to suggest that napping may have been part of an ancient biological signal to get us out of the hot midday sun.

Whatever the reason, if you have an opportunity for an afternoon nap, take one. Studies show that 20 minutes of sleep in the afternoon provides more rest than getting 20 minutes more sleep in the morning.

A 20-minute power nap provides the energy for a fresh burst of new ideas and energy. Naps seem to eliminate the need for more caffeine during the workday, and this lowers stress.

The do's and don'ts of napping

The early afternoon seems to be the best time to nap—approximately eight hours after you have woken up in the morning. Twenty to thirty minutes is all you need to get the full rewards of a midday nap. There is no proof that sleeping longer than this is any better; in fact, the opposite may be true.

In the dark, our brains produce more of the sleep-inducing hormone *melatonin*, so close the blinds, turn off the lights, and consider using a sleeping mask. Keep the temperature on the warmer side. Don't forget to turn off your cell phone. And avoid caffeine for a few hours before a nap. Give it a try for yourself, and see if you aren't amazed at the results!

1. The reading is primarily about _____.
 - A. why our bodies get tired in the afternoon
 - B. how much sleep is ideal for people
 - C. why afternoon naps are good for us
 - D. which famous people are known for napping
2. The main idea in paragraph 2 is that _____.
 - A. the desire to nap is part of our human nature
 - B. scientists have studied both young and old people napping
 - C. a lot of famous people nap
 - D. many cultures enjoy a midday nap
3. All of the following are mentioned as things that are improved by napping except _____.
 - A. alertness
 - B. decision-making
 - C. food digestion
 - D. memory
4. According to the reading, napping can help reduce _____.
 - A. our body temperature
 - B. stress and carelessness
 - C. motor skills
 - D. weight and heart disease
5. In paragraph 3, the word "coincides" is closest in meaning to _____.
 - A. warns us
 - B. is accidental
 - C. is unnoticeable
 - D. happens together