

Calls for Daylight Saving

TIME TO BE SCRAPPED

There are calls to end the semi-annual practice of putting our clocks backwards and forwards an hour. It is done by forwarding clocks by one hour in the spring so that evening daylight lasts an hour longer and then putting them back in the autumn. This is done in many parts of the world and is called Daylight Saving Time (DST). Scientists are questioning the value of tinkering with time. They say changing the clocks could actually be harmful to our health and increase energy costs. The states of California and Massachusetts in the USA are considering unilaterally abandoning DST. Lawmakers there feel it has no relevance today when we have electric lights and people work around the clock.

Those in support of DST argue that it saves energy because lights are turned on later. They argue it promotes outdoor leisure activities in the summer evening, and is therefore good for physical and psychological health. They also say it reduces traffic accidents and crime. People who tend to support DST are city workers, retail businesses, outdoor sports enthusiasts and businesses, tour operators, and others who benefit from increased light during the evening in summer. Opponents say it increases energy costs and causes health risks. The incidence of heart attacks and strokes can increase due to changes in the circadian cycle (our body clock). With less rest, people make more mistakes, so accidents increase.



SAVING TIME SURVEY

Write five GOOD questions about saving time in the table. Do this in pairs. Each student must write the questions on his / her own paper. When you have finished, interview other students. Write down their answers.

	STUDENT 1	STUDENT 2	STUDENT 3
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

SAVING TIME DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What springs to mind when you hear the word 'time'?
3. What would you do with one hour of extra time?
4. What do you think about what you read?
5. How important is time?
6. What do you do when the evenings are lighter?
7. How do dark mornings and evenings make you feel?
8. What's the best time of the day for you?
9. Why might moving the clocks forward by an hour damage our health?
10. Why does daylight make us feel better?

SAVING TIME DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. Do you think Daylight Saving Time is a good or bad idea?
13. Why do you think city workers support DST?
14. Who do you think the opponents of DST are?
15. How would you describe your body clock?
16. Why do you think DST could increase heart attacks?
17. Are you a night person or a day person?
18. How much sleep do you need?
19. Do you make more mistakes when you don't rest enough?
20. What questions would you like to ask the scientists?

LANGUAGE - CLOZE

There are calls to (1) _____ the semi-annual practice of putting our clocks backwards and forwards an hour. It is (2) _____ by forwarding clocks by one hour in the spring so that evening daylight (3) _____ an hour longer and then putting them back in the autumn. This is done in many parts of the world and is called Daylight Saving Time (DST). Scientists are questioning the value (4) _____ tinkering with time. They say changing the clocks could actually be harmful to our health and increase energy costs. The states of California and Massachusetts in the USA are (5) _____ unilaterally abandoning DST. Lawmakers there feel it has no relevance today when we have electric lights and people work (6) _____ the clock.

Those in support of DST argue that it saves energy because lights are turned (7) _____ later. They argue it promotes outdoor leisure activities in the summer evening, and is therefore good for physical and psychological (8) _____. They also say it reduces traffic accidents and crime. People who tend (9) _____ support DST are city workers, retail businesses, outdoor sports enthusiasts and businesses, tour operators, and others who benefit from increased light (10) _____ the evening in summer. Opponents say it increases energy costs and causes health risks. The incidence of heart attacks and strokes can increase (11) _____ to changes in the circadian cycle (our body clock). With (12) _____ rest, people make more mistakes, so accidents increase.

Put the correct words from the table below in the above article.

- | | | | |
|--------------------|-----------------|----------------|---------------|
| 1. (a) mend | (b) send | (c) end | (d) tend |
| 2. (a) done | (b) doing | (c) does | (d) do |
| 3. (a) lasts | (b) finishes | (c) comes | (d) times |
| 4. (a) of | (b) at | (c) as | (d) if |
| 5. (a) considerate | (b) considering | (c) considered | (d) considers |
| 6. (a) in | (b) over | (c) up | (d) around |
| 7. (a) over | (b) up | (c) on | (d) off |
| 8. (a) dearth | (b) stealth | (c) wealth | (d) health |
| 9. (a) to | (b) too | (c) two | (d) thru |
| 10. (a) during | (b) while | (c) between | (d) under |
| 11. (a) also | (b) due | (c) how | (d) because |
| 12. (a) small | (b) few | (c) less | (d) just |

Find the answers in next MONDAY issue

COMPREHENSION QUESTIONS (p.8)

1. In the spring
2. Scientists
3. Our health
4. Abandoning DST
5. Around the clock
6. They are turned on later
7. Crime
8. City workers
9. Body clock
10. Rest

MULTIPLE CHOICE - QUIZ (p.9)

1. a
2. c
3. b
4. d
5. a
6. d
7. b
8. d
9. c
10. b

ALL OTHER EXERCISES. Please check for yourself by looking at the Article on page 8/5/2017. (It's good for your English :-)

AFTER READING

1. WORD SEARCH: Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'body' and 'clock'.

body	clock
	

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

- | | |
|-----------|------------|
| • calls | • later |
| • longer | • physical |
| • parts | • crime |
| • value | • tour |
| • harmful | • heart |
| • around | • rest |

DISCUSSION

(Write your own questions)



STUDENT A's QUESTIONS (Do not show these to student B)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

SPELLING

Paragraph 1

1. semi-nluana
2. ecpirat of putting our clocks backwards
3. putting them back in the uatumn
4. stntsisecei are questioning the value of...
5. unilaterally inbnnoagd DST
6. we have creeilct lights

Paragraph 2

7. Those in uprpsot of DST
8. outdoor reuiels activities
9. it reduces traffic tncedasci
10. others who feiebnt from increased light
11. heart saattkc
12. people make more itskmase

PUT THE TEXT BACK TOGETHER

Number these lines in the correct order.

- () Those in support of DST argue that it saves energy because lights are turned on later. They argue it promotes outdoor
- () leisure activities in the summer evening, and is therefore good for physical and psychological
- () in the USA are considering unilaterally abandoning DST. Lawmakers there feel it has no
- () health. They also say it reduces traffic accidents and crime. People who tend to support DST are city
- () relevance today when we have electric lights and people work around the clock.
- () forwards an hour. It is done by forwarding clocks by one hour in the spring so that evening daylight lasts an hour
- (1) There are calls to end the semi-annual practice of putting our clocks backwards and
- () from increased light during the evening in summer. Opponents say it increases energy
- () costs and causes health risks. The incidence of heart attacks and strokes can increase due
- () longer and then putting them back in the autumn. This is done in many parts of the world and is called
- () workers, retail businesses, outdoor sports enthusiasts and businesses, tour operators, and others who benefit
- () to changes in the circadian cycle (our body clock). With less rest, people make more mistakes, so accidents increase.
- () clocks could actually be harmful to our health and increase energy costs. The states of California and Massachusetts
- () Daylight Saving Time (DST). Scientists are questioning the value of tinkering with time. They say changing the

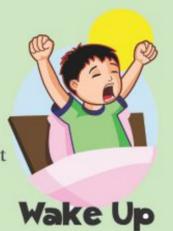
ANSWER KEY TO THE LAST EIS PAGE ACTIVITIES (DATED MAY 08, 2017)

TRUE / FALSE (p.4)

- a. T. b. F. c. T. d. F. e. T. f. F. g. F. h. T

SYNONYM MATCH (p.4)

- | | |
|----------------|-------------------|
| 1. practice | a. custom |
| 2. forwarding | b. advancing |
| 3. value | c. usefulness |
| 4. harmful | d. damaging |
| 5. considering | e. thinking about |
| 6. argue | f. claim |
| 7. leisure | g. free time |
| 8. reduces | h. cuts |
| 9. causes | i. creates |
| 10. mistakes | j. errors |



Wake Up