

SOLUTIONS INTERMEDIATE 2
UNIT 3: HUMAN BODY

3G

PEGAH BAHOJB GHASEMI

3F

Reading

Body clock

I can understand a text about teenagers and sleep.

Revision: Student's Book page 36



- 1 Complete the sentences with the words below. Use the same word in each pair of sentences.**

exercise hard level light
record rest show work

- 1 a** Usain Bolt set a new world _____ at the Olympic Games.
b You can _____ a message for someone to listen to later.
- 2 a** Look at _____ 3 on page 78.
b You need to _____ to stay fit.
- 3 a** This MP3 player doesn't _____. It's broken.
b Does your mum _____ at the hospital?

- 4 a** There's a great quiz _____ on TV tonight.
b Can you _____ me the way to the library?
- 5 a** I'm exhausted. I need a _____!
b How will you spend the _____ of the day?
- 6 a** I couldn't sleep because my bed was too _____.
b If I think _____, I'm sure I'll work out the answer.
- 7 a** It's getting dark. Switch on the _____.
b This suitcase is quite _____ – only 6 kg.
- 8 a** There is a worryingly high _____ of CO₂ in the atmosphere.
b The shelf isn't _____ so the books might fall off.

2 Read the text. Does the research support the theory that students perform better if school starts later?

What time should school start?

A The debate in the USA about whether to start school later has been running for many years. Ask any American teenager arriving at school at 7.30 a.m. and they will tell you that it's difficult to memorise chemical formulae or lists of vocabulary so early in the morning. Is it just laziness, or is there a biological reason for this? Studies by scientists in the UK show that teenagers naturally want to go to bed about two hours later than adults and also get up later. This trend begins at about the age of thirteen and continues right through the teenage years. The scientists conclude that students inevitably feel tired in the morning and will therefore perform worse at school before lunch.

B Schools in some US states have tested this theory, and the findings back up the science. By delaying the start of school by just one hour, academic achievement has risen, absenteeism has declined and cases of depression among teenagers have also fallen. One study that involved 9,000 students revealed that grades in maths, English and science all rose when school began at 8.35 a.m. or later. Studies in other countries such as Brazil, Italy and Israel also show that later start times improve learning.

C However, not everyone advocates changing the school timetable. They claim that it would cause a huge amount of disruption. Others are opposed to the change because students won't have time for after-school activities or part-time jobs. However, one benefit of a later start time may yet convince the doubters. A study in Wyoming showed that car crashes among 16–18-year-olds fell by 70% after the start time was changed from 7.35 a.m. to 8.55 a.m. More studies need to be carried out before a definite link can be made between the number of accidents and the school start times, but it is undeniable that it is less safe to drive when you feel sleepy.

Reading Strategy

When matching questions with texts, follow these steps.

- 1 Read the text to get a general idea of the meaning.
- 2 Read the task's lead-in line very carefully. (*In which paragraph ...*). Then read all the options carefully.
- 3 Read the paragraphs of the text carefully one by one and match them to the correct option.
- 4 If you can't find the answer, leave it for now and come back to it later when you have fewer options left.

3 Read the Reading Strategy. Then match paragraphs A–C with questions 1–4 below. One paragraph matches two questions.

In which paragraph does the author ...

- 1 suggest that students might be safer if the school start time were changed?
- 2 refer to evidence that shows that adults' body clocks are different from those of teenagers?
- 3 quote the results of a study that confirms the conclusions of British scientists?
- 4 mention some practical problems that might result from a change in the start time?



**DO YOU THINK
SPORTS ARE
IMPORTANT? WHY
OR WHY NOT?**



JOGGING





WEIGHT LIFTING





AEROBICS



1 Look at the photos. Which fitness class would you prefer to do? Why?



Speaking Strategy

Try to give your photo description a simple structure:

- 1 Say what the photo shows in general. If you are unsure, use phrases like *'It looks to me as if ...'*, or *'The photo appears to show ...'*
- 2 Talk about some of the interesting details in the photo.
- 3 Add a personal opinion or reaction.

- 2  1.33 Read the **Speaking Strategy**. Then listen to two students describing the photos in exercise 1. Which student follows the strategy better? Explain your answer.



- 3 **KEY PHRASES** Look at the useful phrases below. Are you more likely to use them for general or detailed comments?

Identifying people in photos

The man / woman / boy / girl	wearing / in / with	a yellow T-shirt purple leggings a red top casual / smart clothes
	with	a beard / a moustache a ponytail his / her foot in the air his / her hands on his / her hips bare feet
	who is	jumping / crouching / walking / running holding (some weights) on the ground



4



1.33

KEY PHRASES

Listen again. Which of the underlined phrases from the list below does each student use?

Speculating about photos

It looks like some kind of dance class.

They're in a park, or maybe in the countryside.

I think it's a fitness class of some kind.


There's a sort of climbing frame.

It's most likely in the evening.

Two men are doing pull-ups, or something like that.

She's the instructor, I would say.

I'd say that she's tired.

5  1.34 Read question 1 below. Then listen to a student's answer. Which photo from exercise 1 is he referring to?
How do you know?

1 Do you think the people are enjoying the class?
Why do you think so?

6 SPEAKING In pairs, ask and answer the same question about the other photo in exercise 1.

7 Read questions 2 and 3 below. Then look at phrases a–h. Which phrases would be useful for each of the questions?

2 Do you think men care as much about their appearance as women? Why do you think that?

3 Tell me about an occasion when you wanted to look your best.

a I remember once when ...

b As I see it, ...

c A few months ago, ...


d My view is that ...

e The way I look at it, ...

f Some time last year, ...

g In my opinion, ...

h On one occasion, ...

8  1.35 Listen to three students answering questions 2 and 3 from exercise 7. Answer the questions below.

- 1 What is each student's overall answer to question 2: yes, no, or maybe?
- 2 Which student does not really give reasons for his or her answer to question 2?
- 3 What three occasions do the students mention for question 3? Choose from:

a family party a festival a friend's party
a job interview a school performance a wedding

9 SPEAKING Work in pairs. Ask and answer the questions in exercise 7.

10 SPEAKING Work in pairs. Turn to page 144 and do the speaking task. Use phrases from this lesson.

1 SPEAKING Work in pairs. Take turns to describe the photo and do the task below.



- 1 Do you think the people in the photo spend a lot of time at the gym? What makes you think so?
- 2 Do you think fitness classes are the best way to get fit? Why? / Why not?
- 3 Tell me about an occasion when you needed to be fit.

3

Grammar Review

Work in two teams.

Team A students Find the person in Team B with the matching ending of your sentence.

Team B students Find the person in Team A with the matching beginning of your sentence.

I'm sure that scientists in the future

I doubt that my favourite team

If you don't study tonight,

You won't be late for the lesson

You might burn yourself

By this time tomorrow,

Next year, after I've passed my exams,

I will be sitting on a beach in Greece

I will have sent more than 25 emails

If you can understand this homework,

will find a cure for cancer.

will win the match tomorrow.

you'll fail the test tomorrow.

if you leave immediately.

if you touch that pan.

I will have finished my exams.

I will be working for my aunt's company.

in one week's time.

by lunchtime.

you'll probably get a good mark.

**ASSIGNMENT:
WORKBOOK 3G**

DEADLINE: WEDNESDAY