

Collège pour Adultes Alice-Rivaz

ANGLAIS

Exercices d'entraînement 1^e année

Ouvrages de référence :

English for Life Pre-Intermediate ou autre méthode d'anglais de niveau Pre-Intermediate

Reading Comprehension

'Western society is chronically sleep deprived': the importance of the body's clock

Hannah Devlin

6 October, 2017

1 We all know about the cycle of day and night on our planet so the idea of an internal body clock might not sound new. But in science, asking the questions "why?" and "how?" can give the most interesting answers.

2 Three American biologists, Jeffrey Hall, Michael Rosbash and Michael Young, were awarded the Nobel Prize in Physiology or Medicine for their discovery of the master genes that control the body's circadian rhythms.

3 Using flies, the team found a "period" gene that controls the rhythm of a living organism's daily life. This allowed scientists to explain how plants, animals and humans adapt their biological rhythm so that it fits with the turning of the Earth.

4 Scientists discovered the same gene in mammals and that it is expressed in a tiny area of the brain.

5 Modern lifestyles may no longer be controlled by sunrise and sunset but light is still one of the strongest influences on our behaviour and happiness. For example, bright lights before bedtime and spending the whole day in a dimly lit office can affect the natural circadian cycle – it makes people sleepy in the morning and too awake to fall asleep easily at night.

6 Rosbash said, "It's a serious public health problem. All of Western society is badly sleep deprived."

7 Not following the natural circadian cycle can cause long-term health problems that are much more serious than tiredness.

8 Scientists have shown that there are clock genes in almost every cell type in the body. The activity of blood, liver, kidney and lung cells all rise and fall on a 24-hour cycle.

9 It is like having tiny clocks inside almost every cell type in our body. This network of clocks keeps things working together inside us.

10 Clifford Saper, a professor of neuroscience at Harvard Medical School, said, "People think that they do not have to follow the rules of biology and can just eat, drink, sleep, play or work whenever they want. They are wrong."

11 The discovery explains why jet lag feels so bad: the master clock in our brain adapts quickly to changing light levels but the rest of our body needs longer to catch up – and it catches up at different speeds.

12 "Jet lag is so awful because the different parts of the circadian network are out of time with each other," said Professor Russell Foster, chair of circadian neuroscience at the University of Oxford.

13 It also helps to explain why shift workers are more likely to suffer from heart disease, dementia, diabetes and some cancers. Obesity is also more common among those with irregular sleep patterns.

14 Our risk of serious illness rises and falls throughout the day and night. People are 49% more likely to have a stroke or heart attack between 6am and 12 noon than at any other time of the day. This is linked to a circadian rise in blood pressure in the early morning, which happens even if you're lying in bed not doing anything.

15 So it makes sense to take certain blood pressure medications early in the morning, before you get out of bed. The liver makes cholesterol more quickly at night. So medicines that lower cholesterol work best if you take them before going to bed.

16 With this new understanding, doctors and others are starting to understand the power of the biological clock. Some schools, for example, are starting later in the morning because the teenage body clock runs several hours later than the body clock of adults.

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I. Vocabulary – Key Words

Match the key words and phrases from the article with their meanings. The paragraph numbers are given to help you. Use each word no more than once.

Part A:

adapt	dimly lit	gene	influences	organism
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- a pattern of chemicals within a cell that carries information about the qualities passed to a living thing from its parents _____ (para 2)
- a living thing such as a person, animal or plant _____ (para 3)
- change your behaviour so that you can deal with a new situation _____ (para 3)
- the effects that something has on the way something happens _____ (para 5)

5. when the lights in a place are not very bright _____ (para 5)

Part B:

shift	catch up	deprived	jet lag	stroke
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1. not having enough of something that you need _____ (para 6)
2. the feeling of being very tired and sometimes confused because you have travelled on a plane to a part of the world where the time is different _____ (para 11)
3. go faster so that you reach someone or something _____ (para 11)
4. a period of work time in a factory, hospital or other place where some people work during the day and some work at night _____ (para 13)
5. a medical condition in which blood is suddenly blocked and cannot reach the brain _____

II. Comprehension check

A. Use some of the key words from the vocabulary exercise to complete these statements about the article.

1. The article is about the discovery of a 'period' _____ that controls the body clock in all living _____.
2. Animals and humans _____ their biological rhythm to the 24-hour cycle of the Earth.
3. Light _____ our body clock so people who work in _____ offices and watch bright TV at night might not sleep well.
4. One of the Nobel Prize scientists says that people in Western society do not get enough sleep. They are sleep _____ and this can lead to serious health problems.

- 5. The discovery of the period gene helps doctors to understand why people usually have heart attacks or _____ at certain times of the day.
- 6. It also explains why jet lag makes us feel so bad. It's because the period genes in the cells in our body need time to _____ with each other.

B. True or False Statements

According to the text, are the following statements true (T) or false (F)? Circle the correct answer and correct false statements.

1. The "period" gene is only found in flies.

T F

.....
.....

2. A lack of sleep can lead to health problems.

T F

.....
.....

3. Clock genes are only found in blood, liver, kidney and lung cells.

T F

.....
.....

4. Shift workers are more likely to become ill than other workers.

T F

.....
.....

5. Some medicines should only be taken with meals.

T F

.....
.....

Grammar and Vocabulary

I. Complete the following table:

	Infinitive	Simple Past	Present Perfect
penser			
enseigner			
courir			
apporter			
choisir			
commencer			

II. Use the appropriate tense: choose between Present Simple, Past Simple and Present Continuous.

- I (study) English last night.
- Ellie (brush) her teeth twice a day.
- My husband (make) dinner now.
- I (have) long hair when I (be) a child, but now my hair (be) very short.
- John (play) at the moment.
- I (wait) for a taxi. I (want) to go to the museum to see the exposition.
- Every year, I (visit) Britain to improve my English.
- My mother (make) breakfast now.
- The polar ice caps (melt) with the effect of global warming.
- Listen! The musicians (play) our favourite song.

III. Complete sentences using the preposition *in, on, or at*.

- 1 Your appointment is 5.30 this afternoon.
- 2 Can you come to visit us the morning?
- 3 My holidays are July.
- 4 They usually go out Saturday evenings.
- 5 Did you live in Geneva 2008?

IV. Circle the correct answer.

- 1 She (a graded b graduated c graduate) in 2002.
- 2 I was born in Britain, but I (a grew b growed c grow) up in the USA.
- 3 I (a took b made c went) my last exam when I was 22.
- 4 What time does the train get (a to b at c in) London?
- 5 'What does a "(a return b fare c single)" mean?' 'A two-way ticket.'
- 6 Can you (a me give b give to me c give me) a hand with that chair, please?
- 7 Was he wearing a grey jacket?' 'Yes, he (a was wearing b was c wore).'
- 8 How many people (a is b are c are they) going to run in the marathon?
- 9 'Are you going to make coffee?' 'Yes, I (a am b 'm going c 'm).'
- 10 We're going to (a taking part b take parting c take part) in a race.

V. Comparatives and Superlatives

Complete the table.

short	bad	happy	large	modern	hot
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Spelling	Adjective	Comparative	Superlative
One syllable	small _____	<i>smaller</i> _____	<i>the smallest</i> _____
Adjective + -e	safe _____	safer _____	_____ _____
Adjective + -y	_____ _____	_____ _____	the friendliest _____
Short vowel + consonant	_____ _____	_____ _____	<i>the biggest</i> _____
Two or more syllables	expensive _____	more expensive _____	_____ _____
Irregular forms	good _____	_____ _____	the best _____

WRITING

Write (75-100 words) about your own life. Include information about these things:

- personal information
- education
- job(s)
- travel
- family / relationships

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Reading Comprehension

I. Vocabulary – Key Words

Part A:

1. a pattern of chemicals within a cell that carries information about the qualities passed to a living thing from its parents - gene (para 2)
2. a living thing such as a person, animal or plant - organism.(para 3)
3. change your behaviour so that you can deal with a new situation – adapt (para 3)
4. the effects that something has on the way something happens - influences (para 5)
5. when the lights in a place are not very bright – dimly lit (para 5)

Part B:

1. not having enough of something that you need - deprived (para 6)
2. the feeling of being very tired and sometimes confused because you have travelled on a plane to a part of the world where the time is different – jet lag (para 11)
3. go faster so that you reach someone or something – catch up (para 11)
4. a period of work time in a factory, hospital or other place where some people work during the day and some work at night - shift (para 13)
5. a medical condition in which blood is suddenly blocked and cannot reach the brain - stroke

II. Comprehension check

A.

1. The article is about the discovery of a 'period' gene that controls the body clock in all living organisms.
2. Animals and humans adapt their biological rhythm to the 24-hour cycle of the Earth.

3. Light influences our body clock so people who work in dimly lit offices and watch bright TV at night might not sleep well.
4. One of the Nobel Prize scientists says that people in Western society do not get enough sleep. They are sleep deprived and this can lead to serious health problems.
5. The discovery of the period gene helps doctors to understand why people usually have heart attacks or strokes at certain times of the day.
6. It also explains why jet lag makes us feel so bad. It's because the period genes in the cells in our body need time to catch up with each other.

B. True or False Statements

According to the text, are the following statements true (T) or false (F)? Circle the correct answer and correct false statements.

1. The "period" gene is only found in flies.

T F

The same gene was discovered in mammals (paragraph 4).

2. A lack of sleep can lead to health problems.

T F (paragraph 7)

3. Clock genes are only found in blood, liver, kidney and lung cells.

T F

"There are clock genes in almost every cell type in the body." (paragraph 8)

4. Shift workers are more likely to become ill than other workers.

T F (paragraph 13)

5. Some medicines should only be taken with meals.

T F

Some medicines are more effective if they are taken at specific times of the day. (paragraph 15)

Grammar and Vocabulary

I. Complete the following table:

	Infinitive	Simple Past	Present Perfect
penser	to think	thought	thought
enseigner	to teach	taught	taught
courir	to run	ran	run
apporter	to bring	brought	brought
choisir	to choose	chose	chosen
commencer	to begin	began	begun

II. Use the appropriate tense: choose between Present Simple, Past Simple and Present Continuous.

1. I studied English last night.
2. Ellie brushes her teeth twice a day.
3. My husband is making dinner now.
4. I had long hair when I was a child, but now my hair is very short.
5. John is playing at the moment.
6. I am waiting for a taxi. I want to go to the museum to see the exposition.
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One syllable	small short	<i>smaller</i> shorter	<i>the smallest</i> the shortest
Adjective + -e	safe large	safer larger	the safest the largest
Adjective + -y	friendly happy	<i>friendlier</i> happier	the friendliest the happiest
Short vowel + consonant	big hot	bigger hotter	<i>the biggest</i> the hottest
Two or more syllables	expensive modern	more expensive more modern	the most expensive the most modern
Irregular forms	good bad	better worse	the best the worst

WRITING

Write (75-100 words) about your own life. Include information about these things:

- personal information
- education
- job(s)
- travel
- family / relationships

Check content, structure, grammar, punctuation; use precise words, vary vocabulary to avoid repetition.