

English from Entertainment Media

Week: 13

Topic: News Study 2 (TV shows or online platforms)



Activity I: Warm up. Discuss the following questions.

1. In your opinion, why do some people have trouble sleeping?
2. When you have trouble sleeping, what helps you fall asleep? Share with the class.

Activity II: Before listening, match the following vocabulary with their definitions.

Paragraph 1

- | | |
|--|--|
| f 1. report | a. a disease in which the body has too much sugar in the blood. |
| a 2. diabetes | b. an illness or damage to the body (not caused because of an injury). |
| d 3. increase | c. done, situated, or used outside. |
| b 4. disease | d. become or make greater in size, amount, or degree. |
| g 5. artificial
<small>คุณภาพไม่ธรรมชาติ หรือเทียม</small> | e. a clock or device that wakes you up at the time you set. |
| e 6. alarm | f. a piece of writing about some research. |
| c 7. outdoor | g. made or produced by human beings rather naturally. |



Paragraph 2

- | | |
|------------------------|---|
| m 8. lead | h. a person who is very knowledgeable about or skillful in a particular area. |
| h 9. expert | i. did. |
| i 10. conducted | j. a piece of material that covers a window. |
| l 11. blood | k. raise or increase levels of activity in something. |
| k 12. stimulate | l. the red liquid that moves around inside our body. |
| n 13. risk | m. the most important. <i>time lead 重要</i> |
| j 14. curtain | n. be where there is possible danger. |



Activity III: Listen to an audio from the link provided below. Fill in the missing words or phrases for each gap.

Link: <https://breakingnewsenglish.com/2203/220324-sleeping-with-the-light-on-1.html>

Breaking News English Lesson:

Sleeping with a light on can harm our health

Yasmin

Everyone knows that good sleep is important (1) for our health. Not everyone knows how important it is to sleep in the dark. A new report says sleeping with the light on (2) could be bad for our health. Researchers say turning off the light when we sleep helps to keep away diabetes and heart disease. Sleeping with the light on could (3) increase the risk of getting these diseases. The researchers said around 40 per cent of people sleep with some sort (4) of artificial light. They said even light from a television or alarm clock could affect our health. They added that the worst thing to sleep with is (5) a main light. Sleeping in the dark is more difficult for people who live in cities, where there is a lot of (6) outdoor light at night.



The researchers are from the Northwestern University Feinberg School of Medicine in Chicago, USA. The lead researcher, Dr Phyllis Zee, (7) is an expert in sleep medicine. She said it is healthier for us to turn (8) off all lights when we sleep. Her team conducted a study of the (9) blood sugar levels of 20 people after nights of sleep. The people who slept with a light on had higher blood sugar levels the next morning compared to those who slept (10) in total darkness. Dr Zee said this is because light stimulates brain activity, which raises blood sugar levels. She said there are three things we can (11) do to reduce the risk of illness: turn off the lights, never sleep with white or blue light; and use a blackout curtain or wear (12) an eye mask.

Activity IV: Comprehension questions



1. What does everyone know that sleep is good for? your health
2. What disease could sleeping in the dark keep away besides diabetes? hard disease
3. What percentage of people sleep with an artificial light? 40%
4. What does the article say is the worst thing to sleep with? a main light
5. Where is there a lot of outdoor light at night? Cities
6. What is Dr Phyllis Zee an expert in? sleep medicine
7. How many people took part in a study on sleep? 20 people
8. Who had higher levels of blood sugar? The people who slept with a light on.
9. What does light stimulate? brain activity
10. What kinds of light does the doctor say we should not fall asleep to? white or blue light



Activity V: Language Focus. -ed and -ing clauses

A A clause is a part of a sentence. Some clauses begin with **-ing**. For example:

Who is the woman **talking to Tom?**
-ing clause

the woman
talking to Tom

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General Information

We use **-ing** clauses to say what somebody (or something) is (or was) doing at a particular time:

- Who is the woman **talking to Tom?** (the woman **is talking** to Tom)
- Police **investigating the crime** are looking for three men. (police **are investigating** the crime)
- Who were those people **waiting outside?** (they **were waiting**) កំសងកំតែលីនៅឯណ៍ នៅលើរដ្ឋ
- I was woken up by a bell **ringing.** (a bell **was ringing**) រៀងហើតឡើង នៅលើរដ្ឋ

You can also use an **-ing** clause to say what happens all the time, not just at a particular time:

- The road **connecting the two villages** is very narrow. (the road **connects** the two villages)
- I have a large room **overlooking the garden.** (the room **overlooks** the garden) ទេសធំនៅលីនៅលើរដ្ឋ
- Can you think of the name of a flower **beginning with T?** (the name **begins** with T)

B Some clauses begin with **-ed** (**injured**, **painted** etc.). For example:

The boy **injured in the accident** was taken to hospital.
-ed clause

the boy injured
in the accident



-ed clauses have a *passive meaning*:

- The boy **injured in the accident** was taken to hospital.
(he **was injured** in the accident)
- George showed me some pictures **painted by his father.**
(they **were painted** by his father)
- The gun **used in the robbery** has been found.
(the gun **was used** in the robbery)

Injured/painted/used are *past participles*. Most past participles end in **-ed**, but many are irregular (**stolen/made/built** etc.):

- The police never found the money **stolen in the robbery.**
- Most of the goods **made in this factory** are exported.

C You can use **there is / there was** (etc.) + **-ing** and **-ed** clauses:

- There were** some children **swimming** in the river.
- Is there** anybody **waiting?**
- There was** a big red car **parked** outside the house.

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We use **left** in this way, with the meaning 'not used, still there':

- We've eaten nearly all the chocolates. **There are** only a few **left.**

Complete the sentences. Use the following verbs in the correct form:

~~blow~~ ~~call~~ ~~cause~~ ~~invite~~ ~~live~~ ~~offer~~ ~~paint~~ ~~read~~ ~~ring~~ ~~sit~~ ~~study~~ ~~work~~

- 1 I was woken up by a bell ... ringing
- 2 George showed me some pictures ... painted ... by his father.
- 3 Some of the people invited to the party can't come.
- 4 Somebody called Jack phoned while you were out.
- 5 Life must be very unpleasant for people living near busy airports.
- 6 A few days after the interview, I received an email offering me the job.
- 7 The building was badly damaged in a fire caused by an electrical fault.
- 8 Did you see the picture of the trees blown down in the storm?
- 9 The waiting room was empty except for an old man sitting in the corner reading a magazine.
- 10 Ian has a brother working in a bank in London and a sister studying economics at university in Manchester.

Use the words in brackets to make sentences with **There is / There was** etc.

- 1 That house is empty. (nobody / live / in it) ... There's nobody living in it.
- 2 The accident wasn't serious. (nobody / injure) ... There was nobody injured.
- 3 I can hear footsteps. (somebody / come) There is somebody coming.
- 4 I've spent all the money I had. (nothing / leave) There is nothing left.
- 5 The train was full. (a lot of people / travel) There were a lot of people traveling.
- 6 We were the only guests at the hotel. (nobody else / stay there) There were nobody else staying there.
- 7 The piece of paper was blank. (nothing / write / on it) There was nothing written on it.
- 8 The college offers English courses in the evening. (a course / begin / next Monday) There is a course beginning next Monday.

