BBC LEARNING ENGLISH

6 Minute English worksheet
What should you eat for a better night's sleep?



Listen to the full episode here: **https://bbc.in/4yYfclr**

1. **Look at the cover image and title of the episode. What do you think this episode is about? What do you know about this topic already? What vocabulary do you associate with this topic?**

2. **Now listen to the first two minutes of the episode.**
   - What do the presenters say the episode is about?
   - What is this week's question? What do you think the answer is?

3. **Now listen to the whole episode. As you listen, write down the six items of vocabulary. What do they mean?**

a) Word/phrase: _____

It means: _____.

b) Word/phrase: _____

It means: _____.

c) Word/phrase: _____

It means: _____.

d) Word/phrase: _____

It means: _____.

e) Word/phrase: _____

It means: _____.

f) Word/phrase: _____

It means: _____.

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4. What did you learn that was surprising or new in this episode?

5. Answer the quiz questions. Listen again or use the transcript to help you.

1. True or false? Scientists believe that what we eat affects how we sleep.
   a) true
   b) false
   c) not given

2. "This breakfast is really good for you. It contains lots of important _____."
   a) saturated fats
   b) nutrients
   c) deep sleep

3. What kind of diet does expert Marie-Pierre say helps improve sleep?
   a) continental diet
   b) oceanic diet
   c) Mediterranean diet

4. Which word or phrase refers to tablets that contain nutrients you might not get in your everyday diet?
   a) saturated fat
   b) supplements
   c) deep sleep

5. What does the expression 'magic bullet' mean?
   a) a complicated and effective solution to a problem
   b) a simple and ineffective solution to a problem
   c) a simple and effective solution to a problem

6. "Eating a diet that helps you sleep is complicated. There's no _____."
   a) nutrients
   b) deep sleep
   c) magic bullet

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6. Write your own sentences using the vocabulary.

7. Answer the following questions.

- What are three things you have learnt from this episode?
- How does this topic make you feel?
- Give three examples relevant to your life using the vocabulary.

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Answers

3.

a. nutrients – important substances that all lifeforms need to survive and be healthy

b. saturated fats – fats that are thought to be worse for our health, often found in meat and dairy

c. deep sleep – stage of the sleep cycle when the brain is at its slowest and the body can rest and repair

d. supplements – tablets and other consumables that contain particular nutrients that you might not get in your everyday diet

e. feed information – give lots of information continuously

f. magic bullet – simple and effective solution, usually one that doesn't exist in reality

5. 1a, 2b, 3c, 4b, 5c, 6c

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Teacher's notes
This worksheet is standardised so that you can amend and use it as appropriate with your classes.

Some topics may be difficult for learners, especially those which could be upsetting or cause offence. Please be mindful of this when using this worksheet and adapt it as necessary.

Extension activities

- Role-play an interview with an 'interviewer' and an 'expert' on this topic.
- Write a short story or article using the vocabulary from this episode.
- Read original articles on this topic.
- For homework: If it is available in your country, download and listen to the original podcast these extracts were taken from.

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