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Level 1

People use technology more, sleep less

9th August, 2014

<http://www.breakingnewsenglish.com/1408/140809-sleeping-1.html>

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THE READING

From <http://www.breakingnewsenglish.com/1408/140809-sleeping-1.html>

British people spend more time using technology than sleeping. A communications agency found that Britons use technology for 20 minutes longer than they sleep. The average adult uses technology for eight hours and 41 minutes a day. One of the biggest reasons for this is high-speed Internet. People spend more time online. Many people use their phone while watching television. Television was the most popular activity, at an average of three hours a day.

The study found that six-year-olds understand technology the same as 45-year-olds. Fifteen-year-olds understand technology the best. Technology is changing how we communicate. We are becoming more anti-social. We are moving away from face-to-face conversations. People are becoming glued to their phones. Technology also means people are working when they get home after they finish work.

Sources: <http://www.independent.co.uk/life-style/gadgets-and-tech/news/we-now-spend-more-time-in-front-of-a-screen-than-in-bed-ofcom-study-shows-9652631.html>
<http://www.reuters.com/article/2014/08/06/britain-communications-idUSL6N0QC4NF20140806>
<http://consumers.ofcom.org.uk/news/cmr-2014/>

VOCABULARY MATCHING

From <http://www.breakingnewsenglish.com/1408/140809-sleeping-1.html>

PARAGRAPH ONE:

- | | |
|---------------------------|--------------------------|
| 1. people spend more time | a. time online |
| 2. A communications | b. adult |
| 3. Britons use technology | c. agency |
| 4. The average | d. Internet |
| 5. One of the biggest | e. of three hours a day |
| 6. high-speed | f. using technology |
| 7. People spend more | g. reasons for this |
| 8. an average | h. for 20 minutes longer |

PARAGRAPH TWO:

- | | |
|---------------------------------|--------------------------|
| 1. six-year-olds | a. glued to their phones |
| 2. the same | b. technology the best |
| 3. Fifteen-year-olds understand | c. anti-social |
| 4. Technology is changing | d. work |
| 5. We are becoming more | e. understand technology |
| 6. moving away from face- | f. how we communicate |
| 7. People are becoming | g. as 45-year-olds |
| 8. after they finish | h. to-face conversations |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1408/140809-sleeping-1.html>

British people (1) _____ technology than sleeping. A communications (2) _____ Britons use technology for 20 minutes longer than they sleep. The (3) _____ technology for eight hours and 41 minutes a day. One of (4) _____ for this is high-speed Internet. People spend (5) _____. Many people use their phone while watching television. Television was the most popular activity, (6) _____ three hours a day.

(7) _____ six-year-olds understand technology the same as 45-year-olds. (8) _____ understand technology the best. Technology (9) _____ communicate. We are becoming (10) _____. We are moving away from face-to-face conversations. People are becoming (11) _____. Technology also means people are working when they get home (12) _____.

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1408/140809-sleeping-1.html>

British people spend more time using technology than sleeping. A communication agency found that Britons use technology for 20 minutes longer than they sleep. The average adult uses technology for eight hours and 41 minutes a day. One of the biggest reasons for this is high-speed Internet. People spend more time online. Many people use their phone while watching television. Television was the most popular activity, at an average of three hours a day. The study found that six-year-olds understand technology the same as 45-year-olds. Fifteen-year-olds understand technology the best. Technology is changing how we communicate. We are becoming more anti-social. We are moving away from face-to-face conversations. People are becoming glued to their phones. Technology also means people are working when they get home after they finish work.

WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a)

b)

c)

d)

e)

f)

g)

h)

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WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a)

b)

c)

d)

e)

f)

g)

h)
