

11

Better habits, better life DSE

Level: 
  **Let's think!**

1. How has your sleep changed as you grow older?
2. Do you feel sleepy during the day?

PLAYLIST



READ ALONG



Text 1

Lack of sleep: What does it do to your body?

1 Mood swings

Sleep deprivation can cause your emotions to go on a roller coaster. Without a good night's sleep, you may become irritable and restless, and find even mild daily stressors unbearable. It is also worth noting that insomnia has long been associated with depression.

4 Increased risk of high blood pressure

Your blood pressure drops when you sleep. Consistently sleeping less than five hours per night can cause your blood pressure to rise.

6 Risk of accidents

Sleepiness poses a higher risk of accidents. You may misjudge a situation or be more likely to fall because your balance and coordination can be affected.

2 Memory impairment

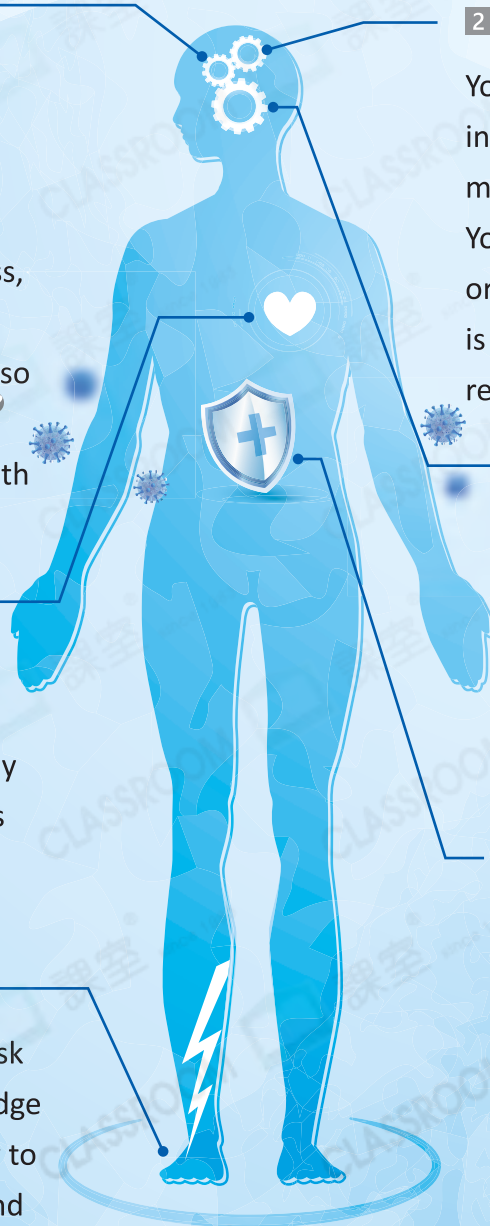
You need plenty of sleep to process information from short-term memory to long-term memory. Your brain requires time to organise itself. So, sleep is very important for remembering things.

3 Cognition and concentration difficulties

When you do not get enough sleep, you will find it hard to focus. In fact, it can negatively impact your creativity and problem-solving abilities.

5 Immune system deficiency

Your immune system needs a break. Inadequate sleep brings higher levels of stress. This can weaken your antibody response. You will be three times more likely to catch a cold! In other words, you will be more vulnerable to diseases.



~220 words

Read Text 1 and answer questions 1–7. For multiple-choice questions, choose the best answer and blacken ONE circle only. (14 marks)

1. Find a phrase in paragraph 1 which has a similar meaning to ‘ups and downs’.

2. The word ‘deprivation’ (paragraph 1) means _____.

2 Try to replace ‘deprivation’ with the options and see which one fits the context best.

- A. abundance of something C. absence of something A B C D
 B. getting plenty of something D. lack of something

3. Complete the following speech by writing ONE word taken from paragraphs 1–3 in each blank.

Dr Yu: (i) _____ can cause mood swings and even (ii) _____.
 Also, sleep helps prevent (iii) _____ loss. Finally, it is worth noting that when we lose sleep, it can be difficult to (iv) _____ our minds on work or studies.

4. Complete the sentence by filling in each blank with NO MORE THAN THREE words taken from paragraph 4.

Sleeping five hours or (i) _____ a night puts you at risk of (ii) _____.

4 The answer to 4(ii) should be a disease or health condition.

5. Find words in the text to match the following definitions.

- (i) _____ (para. 1) (*adj.*) too bad or painful to deal with
 (ii) _____ (para. 3) (*n.*) the ability to work on something for a long time
 (iii) _____ (para. 5) (*adj.*) easily hurt or attacked
 (iv) _____ (para. 6) (*n.*) the ability to move your body parts in a controlled way

6. Which of the following symptom(s) is caused by lack of sleep? Put a tick (✓) in the correct box(es).

- | | |
|---|--|
| <input type="checkbox"/> difficulty in coming up with new ideas | <input type="checkbox"/> sudden drop of blood pressure |
| <input type="checkbox"/> low stress level | <input type="checkbox"/> becoming forgetful |
| <input type="checkbox"/> feeling cold | <input type="checkbox"/> getting sick easily |

7. What is the main purpose of this infographic?

- A. to present facts C. to make comparisons A B C D
 B. to show a process D. to indicate development



Text 2

Will packaged food survive the revolution?

1 With the growing popularity of fresh food, there has been a gradual decline in the sales of packaged food. In fact, for big food and beverage companies, the alarm was raised long ago. For the past ten years, they have recorded a loss of \$18 billion. Their slice of the cake has continued to shrink. What is driving this shift in consumer taste?



5

Some consumers have changed their preference.

2 The falling star

Packaged food is designed for ease of consumption. Convenience is a top priority for city dwellers. However, highly processed food items are losing their appeal because their nutritional value is being questioned by the public. They are often criticised for containing excessive amounts of sodium, sugars and saturated fat. They also contain preservatives, which can be harmful. A recent study even suggested that eating them may lead to a decline in cognitive capacity, affecting our ability to think, function and focus. In contrast, fresh food items are richer in nutrients, including fibre, protein, vitamins and minerals. They can help lower the risk of chronic diseases.

10

3 The opportunity

15

The negative effects of packaged food on health have already come to light. Could this be a turning point for companies to address the situation? Undoubtedly, there is a trend towards avoiding overly processed food, and packaged food with 'healthy' labels may find success in the market. However, while consumers generally prefer fresh food to packaged food, they may not always be able to resist the convenience brought by the latter. After all, packaged food still has value and presents business opportunities.

20

~280 words

Although canned fish in olive oil is considered a healthy packaged food item, it should be an occasional treat because of mercury concerns.



Looking into Grammar

We use the present perfect tense to illustrate past actions ...

- with an effect on the present: e.g. Lucy **has started** her diet and she is fitter now.
- that continue up to the present: e.g. People **have** always **regarded** fries as unhealthy food.
- with no or unimportant exact time: e.g. Dieting **has become** a hot topic in recent years.

We use *for* or *since* to describe events that started in the past and continue up to the present.

- ✓ There **has been** (✗ was) a gradual decline in the sales of packaged food **since** the turn of the millennium.
- ✓ **For** the past ten years, big food and beverage companies **have recorded** (✗ recorded) ...

? In paragraph 1 of Text 1, underline the sentence using the present perfect tense. Read the first caption in Text 2 and circle the verb in the present perfect tense.

Read Text 2 and answer questions 8–14. For multiple-choice questions, choose the best answer and blacken ONE circle only. (11 marks)

8. What does the phrase ‘the alarm was raised’ (line 4) mean?

- A. Packaged food was unhealthy.
- B. Food companies knew something bad was happening.
- C. The cost of making packaged food was raised.
- D. Packaged food was ready to take over fresh food.

A B C D

9. Find a phrase in paragraph 1 which has a similar meaning to ‘market share’.

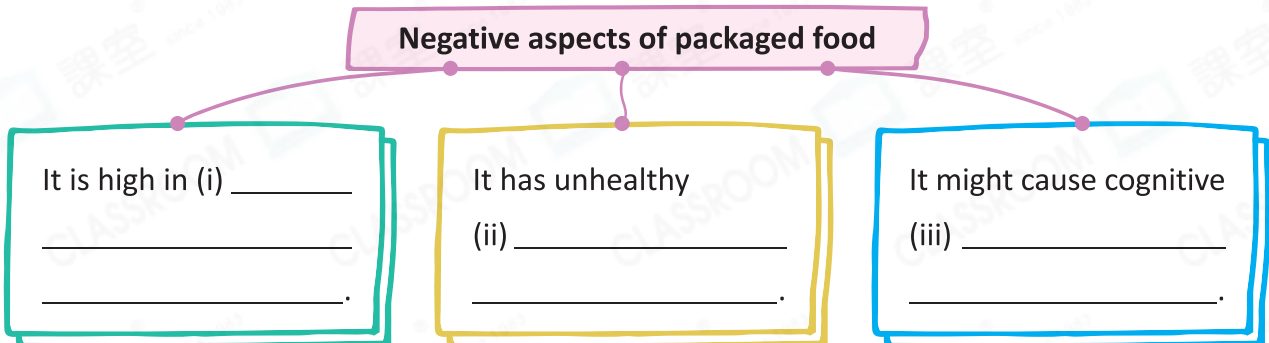
10. What does ‘highly processed food items are losing their appeal’ (line 9) mean?

- A. They keep gaining in popularity.
- B. Their packaging is being worn out.
- C. Their nutritional value keeps dropping.
- D. They are no longer as popular as before.

10 The linking word *however* indicates a contrast between two ideas.

A B C D

11. Complete the chart using the information in paragraph 2.



12. Read paragraph 3 and the second caption. Determine whether the following statements are True (T), False (F) or Not Given (NG).

	T	F	NG
(i) Canned tuna is a good option to include in our diet.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(ii) Shoppers love packaged food because of its convenience.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(iii) Although sales of packaged food are gradually falling, big food companies are still investing a lot in making these products.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

13. Which word in the title means ‘a complete change’? _____

14. What is the writer’s view on the future of packaged food? Support your answer with evidence from the text.

Vocabulary

GLOSSARY



A. Complete the advertisement with the given words. Make sure your answers are grammatically correct.

Adjective: chronic excessive immune nutritional vulnerable

Noun: cognition insomnia mood risk saturated fat



Discover the secret that top students won't tell you!

Are you having trouble paying attention in class? Do you find it hard to have a deep sleep due to (1) _____? Are you experiencing persistent (2) _____ swings? Poor nutrition can lead to (3) _____ health problems that may continue well into adulthood! It can also have a negative impact on your mental (4) _____.

Our new health supplements can help you on your journey towards better health and vitality! They contain all the essential nutrients that will enhance your (5) _____ system, so you will be much less (6) _____ to diseases. These supplements work particularly well for people who consume (7) _____ amounts of sugar and (8) _____. By incorporating our products into your diet, you can bridge (9) _____ gaps and meet a large portion of your dietary needs.

Our supplements are safe and effective. In fact, many doctors recommend them. You can take them every day without worrying about any potential (10) _____.

A healthy life, a better you. Let us help elevate your energy and performance.



B. Take notes of what the doctor says using the given phrases.

Healthy living

avoid consuming junk food

develop regular sleep habits

install health apps

keep your weight in check

maintain a balanced diet

manage stress

practise good hygiene

seek medical attention

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

Don't eat processed foods that are high in salt and sugar.

Consume a variety of food from all food groups.

Balance the calories you consume with physical activity.

Take part in social activities to reduce stress and enhance overall health.

Keep yourself and your home clean to prevent infections.

Get enough sleep so that you can focus better during the day.

Track your physical activity, and monitor your diet and water intake.

Come to my clinic if you experience any symptoms of illness.

Writing

Living healthily

Write a speech about how to live healthily in about 150 words.

