

**ENGLISH CONVERSATION CLASS
ELEMENTARY LEVEL
16/06/2025-20/06/2025**

TOPIC: How your body clock rules your life

Watch this video and answer the questions:

https://youtu.be/Bj1QermdbOE?si=0Peo_cHwbT9V-7-W

1. What is a "body clock"?

- A) A clock on your wall**
- B) A machine in your body**
- C) The way your body knows when to sleep and wake up**
- D) A clock for school**

2. What does the brain stop making when light hits your eyes in the morning?

- A) Water**
- B) Music**
- C) Melatonin**
- D) Electricity**

3. How many hours of sleep do teenagers need each night?

- A) 5 hours**
- B) 7 hours**
- C) 8 hours**
- D) 9 hours**

4. Why don't teenagers sleep enough, even if they go to bed at 10:30 and get up at 7:30?

- A) Because they drink too much coffee**
- B) Because their body clock is different**
- C) Because they wake up early to study**
- D) Because they like to sleep late**

5. What time do teenagers naturally wake up, according to the text?

- A) 6:00 a.m.**

- B) 7:00 a.m.
- C) 9:00 a.m.
- D) 10:00 a.m.

6. What problem can bright screens (like TVs or phones) cause at night?

- A) They help you sleep better
- B) They make your room warm
- C) They stop melatonin and keep you awake
- D) They help the brain produce melatonin

7. What do some scientists suggest for schools?

- A) Start classes earlier
- B) Start classes later
- C) Finish school at midnight
- D) Give students more homework

Answer Key:

1 c

2 c

3 d

4 b

5 c

6 c

7 b