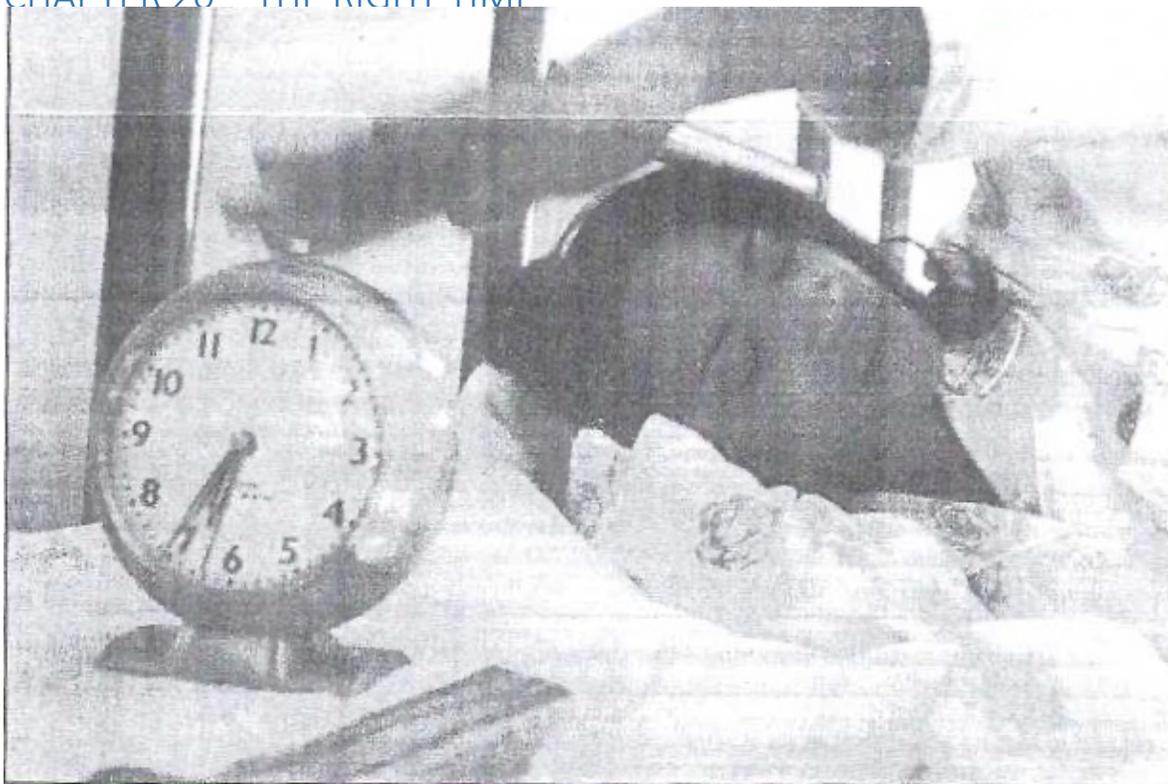


CHAPTER 20 – THE RIGHT TIME



**BEFORE YOU READ.** Look at the picture and read the title of the story.

1. Write your answers on the lines.

Where is this person? \_\_\_\_\_

What time is it? \_\_\_\_\_

2. Answer these questions.

QUESTIONS	WEEKDAYS	WEEKENDS
1. What time do you wake up?		
2. What time do you eat breakfast?		
3. What time do you eat lunch?		
4. What time do you eat dinner?		
5. What time do you go to sleep?		

**THE RIGHT TIME**

Most of us use alarm clocks to wake up at the right time for school or work. We look at our watches to know the right time for the bus or train. However, there is also a right time to eat, sleep, exercise, and take medicine, too. We can't look at a clock for the right time for these activities. We must listen to the clock inside our bodies: the biological clock.

Barbara Wells exercised every morning. She woke up at 6:00 a.m. She ran about two miles before she went to work. But Barbara's legs and back started to hurt. She did some exercises before she ran. But her legs and back still hurt. She ran slower, but the pain didn't stop. Barbara talked to her doctor. The doctor said, "Don't run in the morning. Try to exercise later in the day. That is the time when your body is at the right temperature for exercise. Your heart and lungs are very strong in the afternoon, too." Now Barbara exercises after work. Her legs and back don't hurt anymore.

Today, doctors are learning more about chronobiology, the study of biological clocks. They are learning about the importance of time for our bodies. For example, it is best for people to go to sleep at the same time every night and to eat only when they're hungry. Also, doctors discovered that some illnesses, such as heart attacks, occur most often in the morning. This information tells them that the best time to take heart medication may be at night. When patients take heart medicine at night, they may prevent a heart attack in the morning.

Many doctors believe chronobiology can help us live healthier lives. It may be the right time to listen to these doctors!

1. **MAIN IDEA.** What is the most important idea of the story? Circle the letter.

1. Barbara can exercise better in the afternoon.
2. It is important to listen to our biological clocks.
3. Doctors tell patients to take heart medicine at night.

2. **JUST THE FACTS.** Complete the sentences with **in the morning**, **in the afternoon**, or **at night**.

1. Before she talked to her doctor, Barbara exercised \_\_\_\_\_.
2. After she talked to her doctor, Barbara exercised \_\_\_\_\_.
3. Heart attacks occur most often \_\_\_\_\_.
4. Doctors tell some people to take heart medicine \_\_\_\_\_.

3. **LEARN NEW WORDS.** Choose the correct words. Write them on the lines.

Discovered    ~~importance~~    information    medication    occur    prevent

1. Doctors are learning about the importance of time for our bodies.
2. For example, they \_\_\_\_\_ new information about heart attacks.
3. They now know that heart attacks \_\_\_\_\_ most often in the morning.
4. This \_\_\_\_\_ can be very important for doctors.
5. Doctors now know that the best time to take heart \_\_\_\_\_ is at night.
6. When people take the medicine at night, they may \_\_\_\_\_ a heart attack in the morning.

4. **CORRECT THE SENTENCES.** The underlined parts of these sentences are wrong. With a partner, rewrite the sentences with the correct information.

1. We must listen to the clock inside our bodies: The alarm clock.

We must listen to the clock inside our bodies: the biological clock.

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2. Your body is at the right temperature for exercise when you wake up.

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3. Your legs and back are very strong in the afternoon.

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4. Barbara's legs and back hurt because she ran after work.

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5. It's best for people to eat three times a day.

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# READ ON TWO

5. **FIND THE ANSWERS.** Write your answers on the lines. Share your answers with a partner.

- 1. Alarm clocks tell us the right time to \_\_\_\_\_.
- 2. Watches tell us the right time for \_\_\_\_\_.
- 3. Biological clocks tell us the right time to \_\_\_\_\_.

6. **TALK IT OVER.** Read the two statements on the chart below. Check ( ) Agree or Disagree. Then write your reasons. Talk about your answers with your classmates.

STATEMENT	AGREE	DISAGREE	REASON
1. It is best to go to sleep at the same time every night.			
2. It is best to eat only when you are hungry.			

7. **WRITE IT DOWN.** Barbara Wells doesn't exercise in the morning anymore. Now she exercises after work. What change can you make in your life to feel better? How will this make you feel healthier? Write three to four sentences.

Example: *I can run in the afternoon. I will feel better because my body is at the right temperature for exercise.*

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CHAPTERS 19 AND 20 – ACTIVITY MENU

1. **TIE IT TOGETHER.** With a partner, use the information below to complete the chart.

INFORMATION	
Barbara Wells Jeffery Jacobs Back pain See her doctor Couldn't answer questions Runs after work	Told her to exercise later in the day Didn't know his medical history Has a computer chip in his arm Body is at the right temperature then The hospital A car accident
THE CHIP FAMILY	THE RIGHT TIME
<i>Jeffrey Jacobs</i> (name)	(name)
↓	↓
went to <u>the hospital</u>	went to _____
↓	↓
because he had _____	because she had <u>back pain</u> .
↓	↓
The doctors _____ _____	The doctor _____ _____
↓	↓
because he _____ _____	because the _____ _____
↓	↓
Now he _____ _____	Now she _____ _____

2. **TALK IT OVER.** Barbara Wells runs every day after work. Do you think a computer chip is a good idea for her? Why or why not? Write your answer and talk about it with your classmates.

A computer chip (is/isn't) a good idea for Barbara Wells because \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

3. **WRITE IT DOWN.** Can chronobiology be helpful to Jeffrey Jacobs? Why or why not? Complete the sentence and write your reasons.

Chronobiology (can/can't) be helpful to Jeffrey Jacobs because

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4. **JUST FOR FUN.** Unscramble these new words. Then use the letters in the circles to make a word in the boxes below.

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5. **TAKE A SURVEY.** Ask your classmates the following questions. Count their answers and put the numbers in the chart.

QUESTIONS	YES	NO
1. Do you want to have a computer chip in your arm?		
2. Do you think chronobiology can help you?		