

**Skills:**

- Can understand documentaries, live interviews, talk shows, plays, and the majority of films in the standard form of the language.
- Can communicate complex information and advice on the full range of matters related to their occupational role.
- Can explain a viewpoint on a topical issue giving the advantages and disadvantages of various options.

Adults

Group

## 1

**Discuss in pairs or small groups:**

- What is daylight saving time?
- Do you agree with this quote?

“I think the main purpose of daylight saving time is to make us all hate the sun.”

- How does daylight saving time affect your daily routine?
- Do you believe that daylight saving time should be eliminated?



## 2

**Watch the video and do the quiz:****1. According to the video, which U.S. states and territories do not observe Daylight Saving Time?**

- A. New York, California, and Texas
- B. Hawaii, most of Arizona, and the U.S. territories
- C. Washington, Oregon, and Florida
- D. All U.S. states and territories observe Daylight Saving Time

**2. What is identified as an immediate negative effect of the clock change in the spring?**

- A. Increased heart attacks on the first Monday after the time change
- B. A decrease in workplace accidents by 6%
- C. A 17% decrease in car accidents after the time shift
- D. Workers gaining an extra hour of sleep

**3. According to the video, what was one of the benefits observed when the U.K. kept Daylight Saving Time year-round from 1968–1971?**

- A. Increased productivity on the first Monday after the time change
- B. Fewer people missing work due to accidents
- C. A decline in traffic deaths by 11%
- D. More people exercising outdoors during the winter months

**4. Which of the following statements about Daylight Saving Time is true, based on the information provided in the video?**

- A. Fewer than half of countries in the world use it, and there is universal agreement on when it starts and ends.
- B. It has only negative effects and no benefits, so there is no reason to continue observing it.
- C. All U.S. states and territories observe Daylight Saving Time.
- D. It has both positive and negative aspects, leading to both support and opposition.

**5. What does the video identify as the primary reason the U.S. continues to observe Daylight Saving Time?**

- A. To improve public health by encouraging more exercise
- B. To align with the policies of the majority of countries globally
- C. Economic factors, as people tend to spend more money when it's sunny after work or school
- D. To reduce traffic accidents and deaths by having more daylight hours after work

**6. What is the overall tone of the video towards Daylight Saving Time?**

- A. Strongly in favor of the practice
- B. Strongly opposed to the practice
- C. Neutral, presenting both the positives and negatives
- D. Confused, as the passage seems to contradict itself

### 3 Complete the summary of the video:

Daylight saving time involves \_\_\_\_\_(1) forward in \_\_\_\_\_(2) and back in \_\_\_\_\_(3)  
\_\_\_\_\_(4) states in the US observe daylight saving time, with some \_\_\_\_\_(5)  
Studies show negative effects of losing \_\_\_\_\_(6) due to the \_\_\_\_\_(7)  
Health issues like \_\_\_\_\_(8) and car accidents increase after the \_\_\_\_\_(9)  
Economic reasons, like increased \_\_\_\_\_(10) during daylight hours, are cited for keeping daylight saving time  
Some countries have seen benefits, like \_\_\_\_\_(11) traffic deaths during extended \_\_\_\_\_(12) hours  
There are both \_\_\_\_\_(13) of daylight saving time, with varying opinions on its effects and \_\_\_\_\_(14)

### 4 Work in groups. Here is the list of prompts for you to come up with the benefits/drawbacks of Daylight Saving Time. Complete it, add 2-3 more ideas. Have a small debate with the other group. Share your ideas for/against Daylight Saving Time, and provide examples (your own and from the text).

**Advantages:**

- 1. Allows for...
- 2. Helps save...
- 3. Provides more...
- 4. Can boost...
- 5. ...
- 6. ...

**Disadvantages:**

- 1. Disrupts...
- 2. Causes...
- 3. Can impact...
- 4. Creates challenges for...
- 5. ...
- 6. ...

### 5 Imagine that you are a news reporter. Choose one of the headlines and elaborate on it (3-4 sentences). You have 3 min to prepare.

- Daylight saving time could impact mental health, study finds
- Parents concerned about children's sleep schedule with time change
- Retailers anticipate boost in sales with time change
- Health experts warn of negative effects of time change
- Survey shows majority of Americans prefer daylight saving time

# Correct answers

1

Made in the “Warm-up Questions before Listening” and “Quotes” tools

2

Made in “ABCD Questions”

- 1. B
- 2. A
- 3. C
- 4. D
- 5. C
- 6. C

3

Made in “Summary GapFill”

- |                  |                              |
|------------------|------------------------------|
| 1. moving clocks | 8. heart attacks             |
| 2. spring        | 9. time shift                |
| 3. fall          | 10. spending                 |
| 4. 48            | 11. decreased                |
| 5. exceptions    | 12. daylight                 |
| 6. sleep         | 13. opponents and supporters |
| 7. time change   | 14. necessity                |

4

Made in “Advantages and disadvantages”. The idea was generated in the “Lead-in Activities”

**Teacher tip:**

Split your students into two groups. Provide them with a list of benefits and drawbacks of Daylight Saving Time. Instruct them to discuss and debate the importance of Daylight Saving Time based on the information provided. After a few minutes, have each group share their conclusions with the class.

5

Made in “Bits and Pieces”