

**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”