

# LISTEN A MINUTE.com

## Energy

<http://www.listenAminute.com/e/energy.html>



One minute a day is all you need to improve your listening skills.  
Focus on new words, grammar and pronunciation in this short text.  
Doing the online activities, discussion, survey and writing will help.  
Listen many times – enough for you to you understand everything.

Follow me: <http://twitter.com/SeanBanville>

 **THE LISTENING TAPESCRIPT**

From: <http://www.listenAminute.com/e/energy.html>

My energy levels go up and down. Sometimes I'm full of energy, and sometimes I'm drained of energy. Mornings are when my energy levels are high. I wake up ready to go. I don't need 30 minutes to wake up, like some people I know. For some reason the food I eat doesn't affect how energetic I am. Some people feel tired after lunch, while others complain they need to eat something for an energy boost. I seem to have the same level of energy even if I eat nothing all day. The one thing that does affect my energy is the weather. A bright, sunny day gives me lots of energy. A dull, rainy day makes me feel less energetic. I also have a lot of energy if I'm doing something exciting – even if it's study or work.



## LISTENING GAP FILL

From: <http://www.listenAminute.com/e/energy.html>

My energy levels \_\_\_\_\_ down. Sometimes I'm full of energy, and sometimes I'm \_\_\_\_\_ energy. Mornings are when my energy levels are high. I wake up \_\_\_\_\_. I don't need 30 minutes to wake up, like some people I know. For \_\_\_\_\_ food I eat doesn't affect how energetic I am. Some people \_\_\_\_\_ lunch, while others complain they need to eat something for an \_\_\_\_\_. I seem to have the same level of energy \_\_\_\_\_ nothing all day. The one thing that does affect my energy is the weather. A bright, sunny day gives me lots of energy. A dull, \_\_\_\_\_ me feel \_\_\_\_\_. I also have a lot of energy if I'm doing something exciting - \_\_\_\_\_ study or work.



## CORRECT THE SPELLING

From: <http://www.listenAminute.com/e/energy.html>

My energy eevlls go up and down. Sometimes I'm full of energy, and sometimes I'm draedni of energy. Mornings are when my energy levels are high. I wake up aydre to go. I don't need 30 minutes to wake up, like some people I know. For some esoarn the food I eat doesn't tfafec how energetic I am. Some people feel tired after lunch, while others noimaclp they need to eat something for an energy btoos. I seem to have the same level of energy even if I eat nothing all day. The one thing that does affect my energy is the rheetaw. A bright, sunny day gives me lots of energy. A dull, ynair day makes me feel less energetic. I also have a lot of energy if I'm doing something exciting – even if it's tsydu or work.



## UNJUMBLE THE WORDS

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and My levels up down energy go. Sometimes I'm full of energy, and sometimes I'm drained of energy. Mornings when energy are are my levels high. I wake up ready to go. 30 need don't I up wake to minutes, like some people I know. For some reason the food I eat doesn't affect how energetic I am. tired feel people Some lunch after, while to need they complain others eat something for an energy boost. I seem to have the same level of energy I nothing day if eat all even. The one thing that does affect my energy is the weather. A bright, sunny day energy lots gives of me. A dull, rainy day makes me feel less energetic. I also have a lot of energy if I'm doing something exciting – study it's if even work or.

 **DISCUSSION** (Write your own questions)

**STUDENT A's QUESTIONS** (Do not show these to student B)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

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 **DISCUSSION** (Write your own questions)

**STUDENT B's QUESTIONS** (Do not show these to student A)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

# STUDENT ENERGY SURVEY

From: <http://www.listenAminute.com/e/energy.html>

Write five GOOD questions about energy in the table. Do this in pairs. Each student must write the questions on his / her own paper.

When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.





## **HOMEWORK**

**1. VOCABULARY EXTENSION:** Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

**2. INTERNET INFO:** Search the Internet and find more information about energy. Talk about what you discover with your partner(s) in the next lesson.

**3. MAGAZINE ARTICLE:** Write a magazine article about energy. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

**4. ENERGY POSTER** Make a poster about energy. Show it to your classmates in the next lesson. Give each other feedback on your posters.

**5. MY ENERGY LESSON:** Make your own English lesson on energy. Make sure there is a good mix of things to do. Find some good online activities. Teach the class / another group when you have finished.

**6. ONLINE SHARING:** Use your blog, wiki, Facebook page, MySpace page, Twitter stream, Del-icio-us / StumbleUpon account, or any other social media tool to get opinions on energy. Share your findings with the class.

