

**UOW College Hong Kong / Community College of City University**  
**Student English Enhancement Unit (SEE U)**  
**Daily English Practice**

Week 11

## #203 Food to help you sleep better

**Skills/ Objectives: Reading, Listening and Writing Skills**

### **PART 1: Before you read...**

#### **Preparatory questions**

- Can you sleep well?
- If you can't fall asleep at night, what can you do?
- Did you know that there are some kinds of food which can naturally help you sleep better?

#### **Vocabulary**

- bedtime routine(n): fixed way of doing things
- snack on (n): to eat small amounts of food between meals
- Carotenoids (n): any of a class of mainly yellow, orange, or red fat-soluble pigments, including carotene, which give colour to plant parts such as ripe tomatoes and autumn leaves.

### **PART 2: Article for Reading**

Now read the article posted at the following web-site to learn more about the topic:

<https://www.express.co.uk/life-style/health/968309/sleep-better-how-to-rest-fall-asleep-diet-food-cant-sleep>

**Six of the best bedtime snacks to help you fall asleep fast** By [MATT ATHERTON](#)

### **PART 3: Listening Comprehension**

Listen to the following video posted on YouTube to practise your listening skills and learn more about the topic:

Five Good Sleeping Food  
<https://www.youtube.com/watch?v=CkZ0wmsEIss>

#### **PART 4: Writing Practice**

“Impact” or “Impact on”

How to use the word “impact”? Does it carry the preposition “on” or “upon”?

“If you want to eat almonds before bed to determine if they impact your sleep quality, a one ounce [28g] serving, or about a handful, should be adequate.”

The word “impact” can be both a noun or a verb. If you use it as a noun, it should carry a preposition “on” or “upon”. See the examples below:

e.g., Coronavirus has generated strong impacts on the economy of many countries.

e.g., Smoking has bad impacts on the health of people.

When you use the word as a verb, a preposition is optional. Therefore, both of the following two sentences are correct:

e.g., Coronavirus has impacted on the country’s economy.

e.g., Coronavirus has impacted the country’s economy.

Can you write a sentence on each of the two ways of using “impact” as a verb? Send your writing to: see.u@cccu.edu.hk. Remember! Our **SEE U** teachers are always ready to give you feedback.