

Daylight Saving Time

Pre-Reading

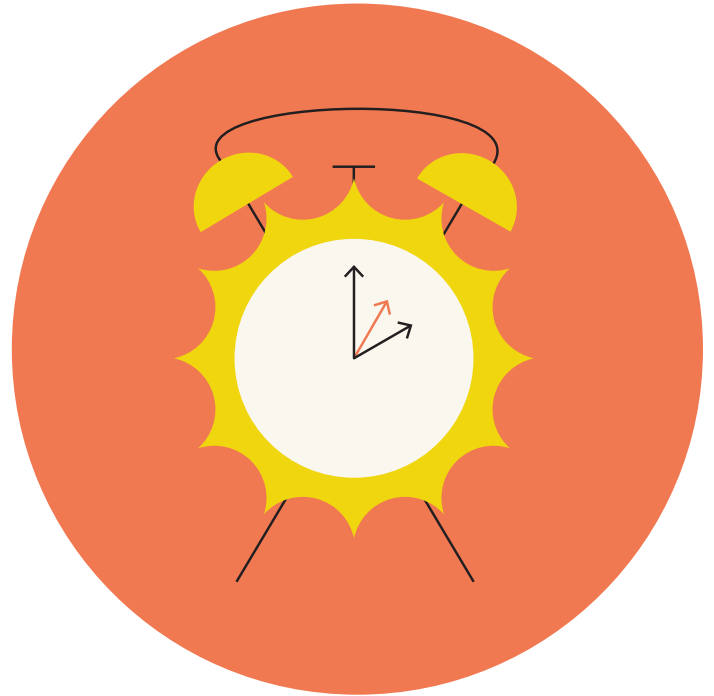
A. Warm-Up Questions

1. Does your region observe daylight saving time? If yes, when does it begin and end?
2. Why do you think many countries adopted daylight saving time in the 20th century?
3. Is daylight saving time important in this modern age? Why or why not?

B. Vocabulary Preview

Match up as many words and meanings as you can. Check this exercise again after seeing the words in context on page 2.

- | | |
|---------------------|---|
| ___ 1. observe | a) every half year, twice per year |
| ___ 2. standard | b) the busy traffic period before and after standard work hours |
| ___ 3. semiannual | c) to participate in, to celebrate |
| ___ 4. shift | d) a slight change or adjustment |
| ___ 5. propose | e) normal, the most common |
| ___ 6. artificial | f) the tired feeling you get after long travel days across time zones |
| ___ 7. offset | g) fake, not real |
| ___ 8. rush hour | h) the ability to get quality work done efficiently |
| ___ 9. productivity | i) to have or create the opposite effect |
| ___ 10. jet lag | j) to suggest |



Reading

DAYLIGHT SAVING TIME

Spring forward; fall back

1. About 70 countries around the world **observe** daylight saving time (DST). In the Northern Hemisphere, clocks spring forward an hour in the spring and fall back to **standard** time in the fall. In the Southern Hemisphere, some countries also spring forward and fall back, but their seasons are opposite from those in the Northern Hemisphere. However, most countries along and below the equator have no reason to participate in this **semiannual** time **shift**.
2. Many people think that the purpose of daylight saving time is to give farmers more hours of sunlight to do their work. This is a myth. Farmers are the first to say that they rise with the sun, not the clock. A bug collector from New Zealand was the first person to **propose** a time shift in the summer months. George Hudson wanted more hours to collect bugs and suggested a two-hour time shift.
3. In April 1916, Germany became the first country to adopt daylight saving time. Germany's original purpose was to conserve energy during the war. European and North American countries followed its lead with hopes that people would stay outdoors longer and use less **artificial** energy. This may have worked years ago; however, modern conveniences such as air conditioners and shopping malls have **offset** these savings.
4. Daylight saving time does appear to have some benefits. Tourists are more likely to stay out later and spend more money. DST may also reduce car accidents since it makes roads brighter during the afternoon **rush hour**. Those who suffer from *seasonal affective disorder* seem to benefit greatly from DST.
5. On the other hand, there is always an increase in car accidents and a decrease in **productivity** during the first few dark mornings of DST when our internal clocks are still adjusting. Some health experts also argue that this unnatural adjustment puts a strain on the human body, especially when DST begins. As we know from **jet lag**, losing an hour is more difficult on the body than gaining an hour. In addition, seasonal time changes cause confusion for travelers and business workers in different time zones.
6. If your region observes DST, would you miss the extra hour of sunlight without it? If you don't change your clocks, do you think many countries will join you in the 21st century?

Comprehension

Discuss these questions in pairs, and write the answers in your notebook.

1. What does the reading say about DST and nations in the Southern Hemisphere?
2. What myth is mentioned in the article?
3. Who was George Hudson, and what was his original proposal?
4. Why did Germany adopt DST in 1916?
5. Paraphrase the pros and cons of seasonal time changes that are provided in the article.

Note:

SAVING NOT SAVINGS

In English-speaking countries, you will hear many native speakers use the term “daylight savings time” or “daylight savings.”

The present participle “saving” is the grammatically correct usage; however, the informal usage is more common!

Vocabulary Review

Which word from page 1 is described in the sentence?
More than one option may be possible.

#	Sentence	Word
1	I would like to suggest that we stay on DST year-round like Saskatchewan.	
2	The savings we make by turning off the air conditioner are lost due to our employees’ lack of productivity in the heat.	
3	I prefer opening the car windows to turning on the air conditioner.	
4	The high school has one dance in the fall and one in the spring.	
5	We take the train because the highway is too busy before and after work.	
6	I was so tired after traveling to India. There is a nine-hour time difference.	
7	Can you move over one chair? My grandmother needs a seat beside me.	
8	We don’t celebrate Christmas. We celebrate Chanukah.	
9	Most full-time employees work an eight-hour work day.	
10	I get more work done when I’m listening to music.	

Prefix Review

The prefixes *semi-* and *bi-* are both related to the number *two*. Unfortunately, the prefix *bi-* has two distinct meanings and can be confusing!

	Semi-	Bi-
Meaning	The prefix <i>semi-</i> means "half." When used in a time expression, it means <i>twice</i> .	The prefix <i>bi-</i> means "two." When used in a time expression, it has two very different meanings: <i>every two</i> or <i>twice</i> .
Examples	<ul style="list-style-type: none"> • semiannual(ly): twice a year • semiweekly: twice a week 	<ul style="list-style-type: none"> • biannual(ly): every two years <i>or</i> twice a year • biweekly: every two weeks <i>or</i> twice a week

How Often?

Since the prefix *bi-* is so easy to confuse, it's better to use other expressions that are more clear.

Use *every other/every two* or *twice* to explain how often something happens.

If someone uses *bi-*, ask for confirmation to make sure you are both clear about the time expression.

- You mean *twice a week*, right?
- You mean *every other week*, right?

Discussion

1. In your opinion, do the cons of DST offset the pros, or is it still beneficial to change clocks back in the spring?
2. The article states that DST was not intended for farmers. Do you think seasonal time changes still benefit agricultural workers?
3. During Ramadan, Muslims must fast during daylight hours. Why might a government choose to pause DST during the month of Ramadan? What problems could this create around the world?
4. Would the global economy grow or weaken if every country quit using DST?

Critical Thinking

IN PAIRS OR SMALL GROUPS

Timekeeping laws are often regional. States and provinces can decide if they want to observe DST or not. In the US, Hawaii and Arizona do not observe DST. In Canada, Saskatchewan stays on DST permanently. In the European Union, DST (often called Summer Time) begins and ends on different days than it does in North America. Having nations and regions on different timekeeping systems is confusing for travelers and business workers. What can or should be done to make timekeeping more universal?

Listening

Fill in the blanks as you listen to the recording.

DAYLIGHT SAVING TIME

Spring forward; fall back

- About 70 countries around the world _____ daylight saving time (DST). In the Northern Hemisphere, clocks spring forward an hour in the spring and fall back to _____ time in the fall. In the Southern Hemisphere, some countries also spring forward and fall back, but their seasons are opposite from those in the Northern Hemisphere. However, most countries along and below the equator have no reason to participate in this _____ time shift.
- Many people think that the purpose of daylight saving time is to give farmers more hours of sunlight to do their work. This is a _____. Farmers are the first to say that they rise with the sun, not the clock. A bug collector from New Zealand was the first person to _____ a time shift in the summer months. George Hudson wanted more hours to collect bugs and suggested a two-hour time shift.
- In April 1916, Germany became the first country to adopt daylight saving time. Germany's original purpose was to _____ energy during the war. European and North American countries followed its lead with hopes that people would stay outdoors longer and use less _____ energy. This may have worked years ago; however, modern conveniences such as air conditioners and shopping malls have _____ these savings.
- Daylight saving time does appear to have some benefits. _____ are more likely to stay out later and spend more money. DST may also reduce car accidents since it makes roads brighter during the afternoon _____. Those who suffer from *seasonal affective disorder* seem to benefit greatly from DST.
- On the other hand, there is always an increase in car accidents and a decrease in _____ during the first few dark mornings of DST when our internal clocks are still adjusting. Some health experts also argue that this unnatural adjustment puts a strain on the human body, especially when DST begins. As we know from _____, losing an hour is more difficult on the body than gaining an hour. In addition, seasonal time changes cause confusion for travelers and business workers in different time zones.
- If your region observes DST, would you miss the extra hour of _____ without it? If you don't change your clocks, do you think many countries will join you in the 21st century?

Answer Key

LESSON DESCRIPTION:

In this lesson, students read about the pros and cons of daylight saving time. They learn the history behind the seasonal time change and discuss whether or not it's worth keeping.

LEVEL: Int

TIME: 1.5–2 hours

TAGS: discussion, daylight saving time, timekeeping, DST, spring, fall, health, history

Pre-Reading

A. WARM-UP QUESTIONS

Have students work in small groups or as a class. Discuss the quote. You may also want to talk about time zones.

B. VOCABULARY PREVIEW

- | | | | | |
|------|------|------|------|-------|
| 1. c | 3. a | 5. j | 7. i | 9. h |
| 2. e | 4. d | 6. g | 8. b | 10. f |

Reading (and/or Listening)

Read individually, in small groups, or as a class. You can also play the listening as your students read along. A gap-fill version of the reading is available on page 5. Help your students with vocabulary and expressions that they are unfamiliar with.

Comprehension

- The reading says that nations in the Southern Hemisphere that participate in DST switch their clocks in the same way but at opposite times of the year.
- The article states that most people think DST was invented for farmers to have more daylight hours. This is a myth.
- George Hudson was a bug collector from New Zealand. He proposed a two-hour time shift to have more daylight hours to collect bugs in the summer.
- Germany adopted DST in 1916 to try to conserve energy during the war.
- The pros include longer daylight hours, a boost to the economy due to higher spending, reduced car accidents during the afternoon rush hour, and health benefits for those who suffer from seasonal affective disorder. Cons include a temporary decrease in productivity, strain on the body, and an increase in car accidents immediately following the switch to DST. Seasonal time changes also cause confusion in travel and business.

(continued on the next page...)

Answer Key cont.

Vocabulary Review

1. propose
2. offset
3. artificial
4. semiannual
5. rush hour
6. jet lag
7. shift
8. observe
9. standard
10. productivity

Prefix Review

Review the prefixes *semi-* and *bi-*, and go over the two distinct meanings of *bi-*. While you are on the subject of affixes, you may want to teach your students about word endings: <https://ellii.com/blog/english-word-endings-suffixes-that-show-the-part-of-speech>

Discussion

Answers will vary.
Can be done individually or in small groups or pairs.

Critical Thinking

Answers will vary.
Can be done individually or in small groups or pairs.

Listening

1. observe, standard, semiannual
2. myth, propose
3. conserve, artificial, offset
4. Tourists, rush hour
5. productivity, jet lag
6. sunlight

SPELLING NOTE:

This lesson shows the American spelling of the word *Travelers* and *Traveling*. Most other English-speaking countries spell it this way: *Travellers* and *Travelling*. Make it a challenge for your students to find this word in the lesson and see if they know the alternate spelling.