

## **Lesson 9 – Dip B2 – 21<sup>st</sup> April, 2026**

### **Homework:**

Write a 200 word summary of your Ted Talk for today. Add a short ending comment (was it interesting, would you recommend it, was it difficult).

### **Snakes and noodles**

During their evolution snakes have evolved noodly bodies and flexible heads that have enabled them to live in various habitats and swallow a lot of prey.

### **Golden sleep**

The long standing golden rule of 8 hours sleep is false. Sleep quality is just as important as sleep duration.

### **Data centre in space**

Data centres use a lot of resources on earth. Now we have the technology to launch data centres into space with rockets and to use solar power.

To limit the use of earth resources, data centres are being launched into space.

## **Dog breeds**

I have learnt that different breeds of dogs were created by humans over thousands of years but their behaviour depends only slightly on their genetics.

## **Don't read on your phone before going to sleep**

Sunlight is generally essential for all living beings (humans need at least 30 to 60 minutes of sunlight each day) but blue light emitted by artificial light in the evening can disrupt our sleep and health.

## **The future of food**

To preserve the environment we should eat more vegetable proteins.

## **Gratefulness**

We can live gratefully because every moment is a gift.

## **Dreaming and trauma**

Dreaming is useful to elaborate traumatic experiences.

## **The healing power of silence.**

We have to search for silence to heal our minds.

### **The power of vulnerability.**

Being vulnerable is important in social relationships.

### **Sleep isn't wasted time**

Sleep contributes to consolidating memories/the consolidation of memories.

Sleep contributes to life quality.

### **Humour is a cultural artefact**

While watching an episode of the tv series Family Guy I noticed that American comedy language is difficult because it's harder to catch the sense of humour compared to Italian.

Of, from, to, at, in + verb = gerund

I am interested in tennis

I am interested in playing tennis.

I am good at maths

I am good at teaching maths

I am used to getting up early.

### **Lottery advice**

If you win a big lottery jackpot, hire a lawyer and don't spend anything without considering the amount of taxes.

### **Wear your glasses!**

Glasses help us to overcome various physical obstacles and they are also fashionable.

### **Sleep and health**

Sleep is important for your/our/one's health. Usually there are 4 stages of sleep. Regarding positions, people can choose to sleep on their side, back or stomach.

### **Rethinking the 8-hour sleep rule**

It's not necessarily important to sleep 8 hours per day but it depends on your lifestyle.

### **Old series vs modern series**

I watched an old series called Space 1999 and I noticed that old series are easier to understand than modern ones.