ACADEMIC LYCEUM
“INTERNATIONAL HOUSE – TASHKENT”

1st semester

ENGLISH LANGUAGE

Topic 23: Solutions. Intermediate. Unit 3. WORd families. Body clock

WORD FAMILIES

A word family is the base form of a word plus its inflected forms and derived forms made with suffixes and prefixes plus its cognates, i.e. all words that have a common etymological origin, some of which even native speakers don't recognize as being related (e.g. "wrought (iron)" and "work(ed)"). In the English language, inflectional affixes include third person -*s*, verbal -*ed* and -*ing*, plural -*s*, possesive -*s*, comparative -*er* and superlative -*est*. Derivational affixes include -*able, -er, -ish, -less, -ly, -ness, -th, -y, non-, un-, -al, -ation, -ess, -ful, -ism, -ist, -ity, -ize/-ise, -ment, in-*. The idea is that a base word and its inflected forms support the same core meaning, and can be considered learned words if a learner knows both the base word and the affix. Bauer and Nation proposed seven levels of affixes based on their frequency in English. It has been shown that word families can assist with deriving related words via affixes, along with decreasing the time needed to derive and recognize such words.

WORD FAMILIES

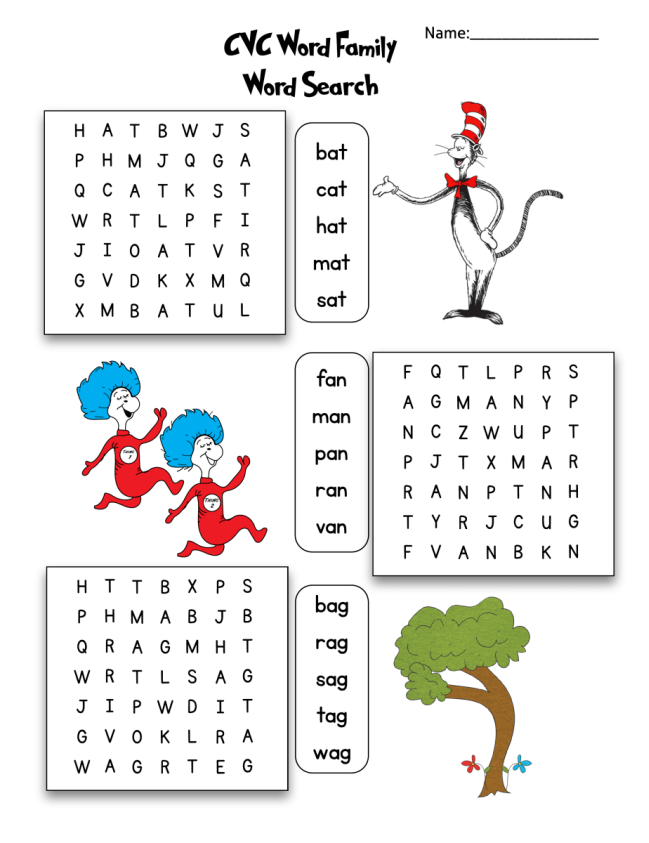
/a/ Word Families

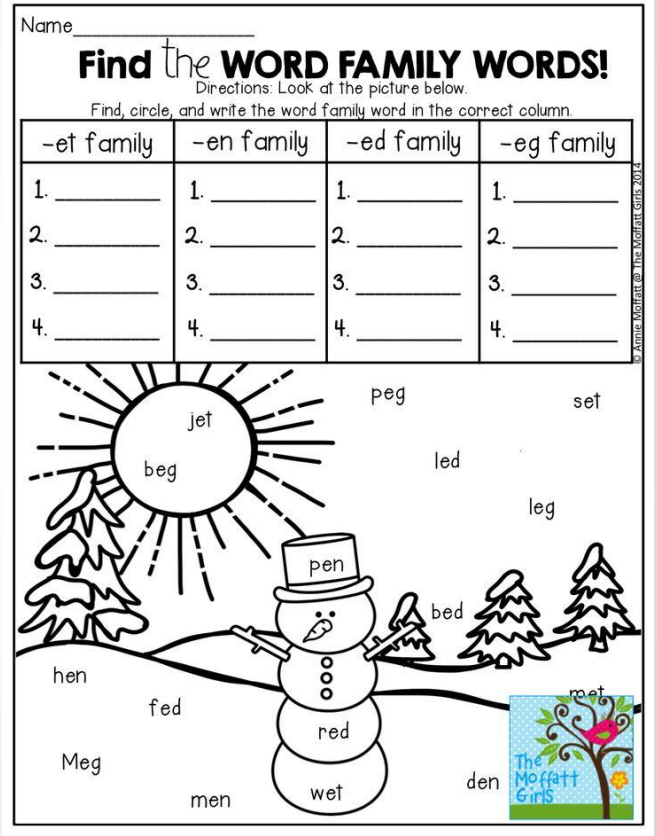
-at	-ad	-ag	-ab	-an	-al	-as	-am	-ap
bat	bad	bag	cab	can	gal	gas	dam	cap
cat	dad	lag	dab	Dan	pal	has	ham	gap
fat	fad	rag	gab	fan			jam	lap
hat	had	sag	jab	man			Pam	map
mat	lad	tag	lab	pan			ram	nap
pat	mad		tab	ran			Sam	rap
rat	pad			tan			yam	sap
sat	sad			van				tap
	tad							zap

Word Families

ake	ale	all	am	ame
awake	ale	all	cam	blame
bake	bale	ball	clam	came
brake	dale	call	dam	fame
cake	gale	fall	dram	flame
fake	kale	gall	exam	frame
flake	male	hall	gram	game
Jake	pale	install	ham	lame
lake	sale	mall	jam	name
make	scale	small	lam	same
quake	stale	squall	ma'am	shame
rake	tale	stall	Pam	tame
sake	whale	tall	ram	
shake		thrall	Sam	
snake		wall	scam	
stake			slam	
take			spam	
wake			swam	
			tam	
			tram	
			wham	
			yam	

WORD FAMILIES

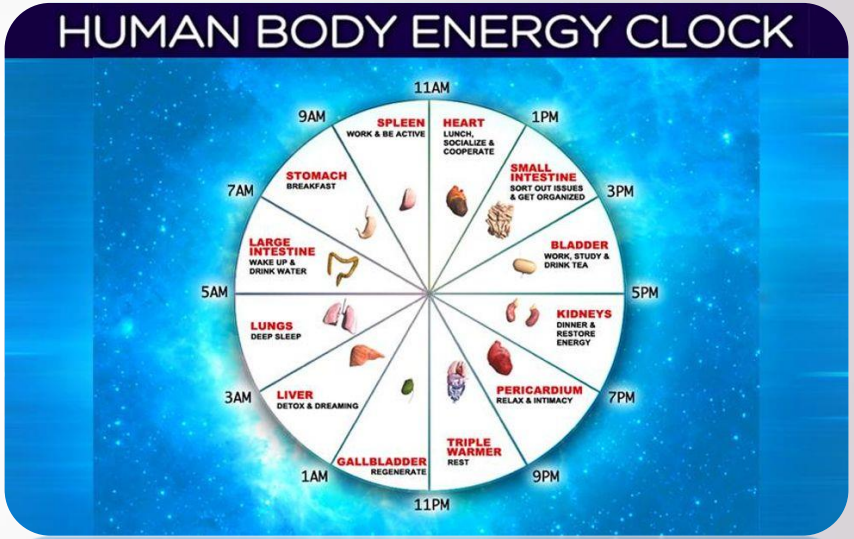




How the Body Clock Works

Our body clock is a small group of cells made up of unique "body clock" genes. These cells turn on and off and tell other parts of the body what time it is and what to do. In fact, most of our individual organs have their own internal body clock cells as well. Let's take a look at how the internal body clock affects everything we do, and what the best time is for our body to engage in different daily activities. .

(Note: The BBC did a fantastic video worth watching, explaining more about how our cells work and the secret of

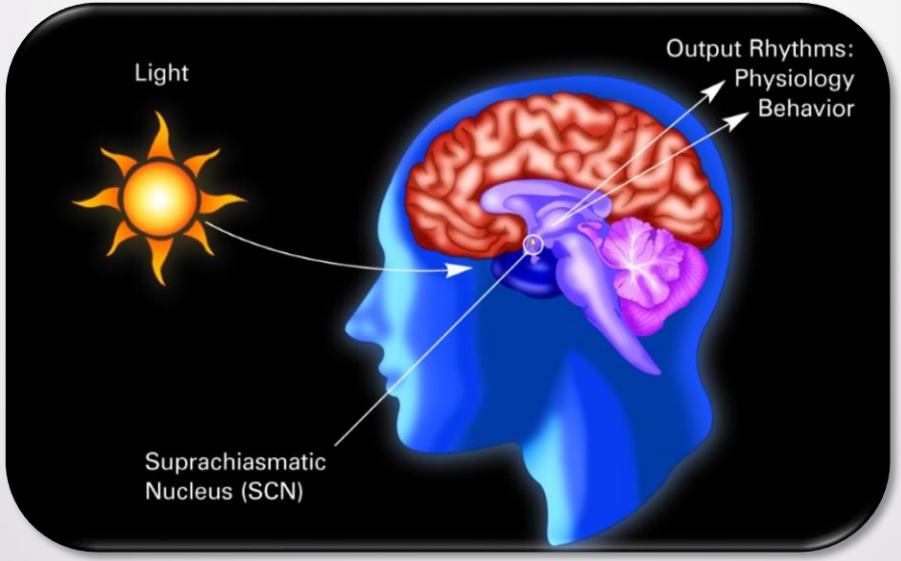


BODY CLOCK

- **Eating**: Which Meal at What Time?
- **Sleeping**: How Long and at What Time?
- **Exercising**
- **Working**

HOW LIGHT AFFECTS OUR BODY CLOCKS

Light is the single biggest external factor that affects our internal body clocks. Each of us has a slightly different internal time, which can range from a 22 hour cycle (a fast body clock, associated with morning larks) to a 25 hour cycle (a slow body clock, which night owls would have). The average is around 24.5 hours.



Thanks for attention!