The Culture of Late-Night Eating

Teacher's Key | Level B1 | EnglishBridges.com

Sections follow the student handout. Delete a section here when you delete it from the handout. The handout uses the short (quick) version of the reading.

Vocabulary: Fill in the Blank

1. ordinary
2. stalls
3. portions
4. habit
5. schedule
6. colleagues
7. sharply
8. grill
9. fast
10. dawn
11. fixed
12. shifts
13. commutes
14. heartburn

Word Partners

Part A. 1 c 2 g 3 d 4 h 5 f 6 a 7 b 8 e

Phrases: break the habit; a tight schedule; small portions; rise sharply; fire up the grill; work night shifts; a long commute; strong evidence.

Part B. 1 commuters 2 sharp 3 fasting 4 evident 5 scheduled 6 habitual

Comprehension Questions: Model Answers

1. *Why did night markets in Taiwan grow after World War II?*
Cities became bigger, and many workers moved in from the countryside and needed cheap food.

2. *Why can people try many dishes in one evening at a night market?*
The food comes in small portions at low prices.

3. *When does dinner often start in Spain?*
It often starts between 9 and 10 p.m.

4. *What happened to Spain's clocks in 1940, and how did it affect the day?*
Franco moved the clocks one hour forward to match Germany. The whole schedule of the day moved later.

5. *How did having two jobs make dinner later in Spain?*
People used to finish the first job in the early afternoon and then go to a second job, so dinner came only after the second job ended.

6. *What is yasik, and how do many people get it today?*
Yasik is a late-night snack; the word means "night food." Today many people order it, for example fried chicken, from a delivery app.

7. *Why do suya sellers in Lagos wait for the evening?*
The evening air is cooler, so it is easier to stand over a hot grill. (The full reading adds that many customers are at work or in traffic during the day.)

8. *What three things push meals later today, according to the reading?*
Long working hours, night shifts, and long commutes.

9. *Why does the writer say the evidence about late eating is mixed?*
Some studies link late eating with heartburn, poorer sleep, more hunger, and fewer calories burned, but many studies show only a link, not a cause.

10. *True, False, or Not Given: "Most people in Taiwan eat dinner at a night market every day." Explain your answer using the reading.*
    Not Given. The reading says Taiwan is famous for its night markets, but it does not say how many people eat there every day.
11. *Yes, No, or Not Given: "The writer believes that late eating has been proven to cause weight gain." Explain your answer using the reading.*
    No. The writer says the evidence is mixed and that many studies show only a link, not a cause.
12. *Author's purpose: Why does the writer mention the small study in which people ate the same meals four hours later? Is it (a) to give one example of evidence that late eating may affect hunger, (b) to prove that everyone must stop eating at night, or (c) to show that Spanish dinners are healthy?*
    (a) To give one example of evidence that late eating may affect hunger. The writer then says that many studies show only a link, not a cause.

True or False

1. **T.** They grew after World War II, when cities became bigger.
2. **F.** It comes in small portions at low prices.
3. **T.** The reading gives this time for dinner in Spain.
4. **F.** Franco moved the clocks one hour forward to match Germany.
5. **T.** Many people were poor and had two jobs.
6. **F.** Yasik means "night food," a late-night snack.
7. **T.** They wait for the cooler evening air before they light their charcoal grill.
8. **F.** They fast from dawn until sunset, and eat at night.
9. **T.** The reading says several studies link late eating with heartburn and poorer sleep.
10. **F.** They felt hungrier and burned fewer calories.

Language Focus: Used to and Would for Past Habits

Model answers. Accept any answer that uses the form correctly and makes sense.

1. When I was a child, I used to go to bed at nine.
2. My family used to eat dinner at seven o'clock every evening.
3. I didn't use to like coffee, but now I drink it every day.
4. In high school, after class, my friends and I would buy snacks at a convenience store.
5. On summer evenings, my family would sit outside and eat watermelon.
6. I used to eat instant noodles late at night when I was a student.
7. When I was ten, I would play soccer in the park every Saturday.
8. I used to be afraid of the dark.
9. I used to live in a small town near the mountains.
10. We would play tag or hide-and-seek until dinner time.

Accept used to or would for actions (Part A items 2 and 4, Part B items 2 and 5). Accept only used to for states (be, like, have, live).

Notes on the Evidence

Spain: the clock change to Central European Time took effect on 16 to 17 March 1940 under Franco and was kept after the war (Wikipedia, Time in Spain). Dinner between 9 and 10 p.m. and the two-jobs explanation: The Local Spain (2 October 2024). The weight of each explanation is debated; some scientists (for example Jorge Mira) argue that changing the clocks back would not move meal times, so the reading presents both explanations without choosing. Spain was still on CET in October 2026; a separate 2025 to 2026 debate concerns ending seasonal clock changes in the EU, not the time zone.

Taiwan: post-war origins with migrant workers and "small eats" (xiaochi) from Wikipedia, Night markets in Taiwan. The reading avoids a total number of markets because no reliable count was found. Korea: yasik meaning (Wikipedia, Yasik).

Baemin data: Woowa Brothers figures reported by Asia News Network and Seoul Economic Daily (July 2026) for the first half of 2026: late-night orders by overseas visitors up 520 percent year on year. This is company data; the reading says only "risen sharply." The office-dinner habit (hoesik) is general description, hedged as "many office workers."

Lagos: suya sold mainly in the evening because of tradition, cooler air for grilling, and customers' work and traffic (The Guardian Nigeria). Mexico City: the taco shop is El Vilsito in Narvarte, a car repair shop by day; The Infatuation lists hours to 3 a.m. on weekdays and 5 a.m. on Fridays and Saturdays. It is not named in the reading because hours may change. Ramadan in the UAE: Gulf News describes "two rush hours," before iftar and from about 3 to 5 a.m. for suhoor.

Health: the small study is Vujovic et al., Cell Metabolism, October 2022 (16 adults with overweight or obesity; same meals shifted about four hours later; more hunger, lower energy use, and changes in fat tissue gene expression). Heartburn and sleep links, the three-hour advice (St-Onge suggests three to four hours), and the yogurt-with-fruit snack example come from the Advisory Board summary (February 2024) of mostly observational studies. The reading states that many studies show a link, not a cause. Not medical advice; people with reflux or blood sugar problems should follow their own doctor's guidance.