

Hunters Versus Farmers Hypothesis

Vocabulary

Repeat each vocabulary word and definition after the teacher.

- **Hunter vs Farmers Hypothesis** A proposed explanation of the nature of attention-deficit hyperactivity disorder (ADHD)
- **Hypothesis** A theory; a strong idea as a starting point for investigation
- **ADHD** Attention Deficit Hyperactivity Disorder, a disorder which people are more distracted than most people but are focused on things they're interested in more than most people
- **Nomadic** People who travel from place to place to find fresh places for their animals to eat and drink without a permanent home
- **Hunter-gatherers** Members of a nomadic people who live by hunting and fishing and gathering wild food
- **Gradually** Little by little; slow changes over time
- **Agriculture** The science of farming, growing crops and animals
- **Adapted** Adjusting to new conditions; dealing with changes easily
- **Hyperfocus** Having a very strong focus on a single thing more than most people
- **Apathy** Lack of interest, lack of enthusiasm
- **Distorted** A false sense of something
- **Circumstance** Conditions at the current time
- **In dis** “In this“ (pronounced quickly)
- **Aspek duv** “Aspect of“ (pronounced quickly)

Passage

Read the passage with the teacher, asking questions about content, and then answer the questions on the next page.

The hunter vs farmer **hypothesis** is a proposed explanation of the nature of **attention-deficit hyperactivity disorder (ADHD)** first suggested by radio host Thom Hartmann in his book **Attention Deficit Disorder: a Different Perception**. Hartmann notes that most or all humans were **nomadic hunter-gatherers** for hundreds of thousands of years, but that this standard **gradually** changed as **agriculture** developed in most societies, and more people worldwide became farmers. Over many years, most humans **adapted** to farming cultures, but Hartmann explains **in this** theory that people with **ADHD** retained some of the older **hunter** characteristics. A key component of the **hypothesis** is that the proposed "**hyperfocus**" **aspect of ADHD** is a gift or benefit under appropriate **circumstances**. The **hypothesis** also explains the distractibility factor in **ADHD** individuals and their short attention span for things that don't trigger **hyperfocus**, along with various other characteristics such as apathy towards social norms, poor planning and organizing ability, **distorted** sense of time, and attraction to variety or novelty or excitement. It is argued that in the **hunter-gatherer** cultures that preceded farming societies, **hunters** needed **hyperfocus** more than **gatherers**.

Courtesy of Wikipedia: https://en.wikipedia.org/Hunter_vs_farmer_hypothesis

Checking Understanding

1. What is the hunter vs farmer hypothesis?
2. Who made the hypothesis?
3. What is ADHD?
4. What is hyperfocus?
5. What are some things that this hypothesis explains about ADHD?
6. In hunter-gatherer cultures who needed hyperfocus?
7. How to pronounce “In this” quickly?
8. How to pronounce “Aspect of” quickly?

Conversation Questions

Take turns asking the questions with your teacher, and if there's any time left over you can free chat

- What do you think about this theory?
- Did you ever hear about Thom Hartmann before?
- Do you know anyone with ADHD? Do you have ADHD?
- Do you think this explains a lot about ADHD?
- Have you ever seen anyone with hyperfocus? What do they focus on?
- Have you ever seen kids with ADHD? Is it difficult for them to learn in school? How do their teachers react to them?
- Do you think there's more ADHD in some parts of the world than others?
- If you had a child with ADHD, how would you parent them differently than a child without it?
- Studies have shown that it might be possible for migrating out of Africa (ADHD gene would be the “migration gene”), what do you think about this idea?
- What kinds of jobs or occupations do you think ADHD people are likely to have?
- How do teachers deal with students who have ADHD?