



Bijlage VSBO PKL

2024

tijdvak 1
dinsdag 14 mei
07.30 - 10.00 uur

Engels

Tekstboekje

Text 1 Jellyfish

Jellyfish have drifted along on ocean currents for millions of years, even before dinosaurs lived on the Earth. The jellylike creatures pulse along on ocean currents and are ...1... in cold and warm ocean water, in deep water, and along coastlines. But despite their name, jellyfish aren't actually fish — they're invertebrates, or animals with no backbones.

Inside its bell-shaped body, a jellyfish has an opening that is its mouth. The jellyfish eats and discards waste from this one opening. And as it squirts water from its mouth, it is propelled forward. That is how a jellyfish ...2....

Jellyfish digest their food very quickly. They wouldn't be able to ...3... if they had to carry a large, undigested meal around, because it would make them too heavy. They dine on fish, shrimp, crabs and tiny plants. Jellyfish themselves are food for other sea creatures. Sea turtles, for example, relish the taste of jellyfish.

All species of jellyfish have tentacles that hang down from their smooth bag-like bodies and these are used to ...4... their prey. They have tiny cells in their ...5... in order to stun or paralyze their prey before they eat it.

Jellyfish stings can be painful to humans and sometimes very dangerous, ...6... jellyfish do not attack humans on purpose. Most stings occur when people ...7... a jellyfish. If the sting is from a very dangerous species, it can be deadly!

Some jellyfish are clear, while others come in vibrant colors such as pink, yellow, blue, and purple. They are all translucent. The Chinese have fished jellyfish for 1,700 years because they use jellyfish to prepare a number of medicines. The Chinese also consider certain jellyfish a delicacy, so they use them in Chinese ...8....



Adapted from: National Geographic kids

Text 2 Best Body Fitness

You don't want just a gym membership. You want a membership that means something. And that means you need support, expert help and a community. **Best Body Fitness** isn't just a gym: it's a full-service fitness membership made for you. Here's how it works:

STEP ONE: Your assessment. We begin with an assessment session. This is a chance for you to see what we do at **Best Body**. Our assessment plans are no-cost and no-risk. We'll also make a training plan specifically for you.



STEP TWO: Your training. When you decide to become a **Best Body** member, we show you what to do, how to do it and why you are doing it. After a few sessions with an expert private trainer you will feel comfortable working out on your own. But don't worry, we'll always be nearby if you have questions.

STEP THREE: Your membership. Membership works on a month-to-month basis. There are no sign-up fees and no cancellation fees. Start and stop whenever you want. And the best part? Our fees are the most competitive in the whole downtown area.

STEP FOUR: Your community. At **Best Body Fitness**, we see everyone as part of a big team. And when you work with a team, you can do great things. Join any of our specialized classes, led by expert instructors. Come to our nutrition classes, participate in our regular social events. Everything is included in your fee.

Finally, we want to share with you some reasons why our members say that they have chosen us over any other fitness center in the city: It's so EASY!
Easy to start, stop, cancel or refund a membership.
Easy to access – we're open 24/7, we never close.
Easy results – our trainers and equipment give you success, fast.
Easy to find – in the center of town, near public transport and with parking.

It's GREAT!

Great members, great trainers and staff, great equipment, great location.
Come and visit us for a personal tour!

Adapted flyer from: Yahoo!News, November 2019

Text 3 Racing to victory

Carrollton students build a solar go-kart and win Sunchase Challenge.



- 1 While most students head to the beach during spring break, a group of students at Carrollton School of the Sacred Heart in Coconut Grove were building a solar car from scratch. The all-girls robotics, engineering, computer science team, known as CarrollSUN, swept the Florida Sunchase Challenge earlier this month. The annual event is a competition in which school teams from across the state build go-karts with solar panels and batteries, and race them by making use of sunlight. "We researched solar panels and lightweight materials to integrate in our kart to make sure it is a light design. Also, it is aerodynamic in terms of shape," said Carolina Gomez Rivas-Vazquez, one of the team members.

- 2 A total of 16 teams competed in this year's competition. The Carrollton team has competed since 2017. This year they came in first place for overall champion and presentation. The team of 15 earned a trophy, but for Carolina it's more than just gold. "It is interesting to see each other grow through this process," she said. "All the older girls are helping the younger girls. We gained an experience. Our motto is 'racing for a reason'." One of the team's mentors added: 'We want to make sure all girls feel comfortable in the robotics, engineering and computer science fields. We want to encourage them to pursue their careers in these fields. At the same time, it encourages them to learn about solar and renewable energy, since this is the future.'

- 3 Tim Cassell, the school's director of the teaching and learning department, mentored the team. Thanks to a partnership with the Homestead Miami Speedway, the team tested the car on a professional racetrack. The car can hit up to 40 miles per hour, and one person can drive the car at a time. The students started to work on the car 3 months before the competition, said Cassell. At times, they would work until late at night on the weekends and over school breaks; putting in about 2,000 hours of work in all.

- 4 Team member Sabine Merus smiles from ear to ear. "The Florida Sun-chase Challenge is for all girls and women. It allows them to race for a bigger purpose. It was dedicated to them," she states. The school's Director of Communications, Isabel Junco Singletary, said the girls are an inspiration. "They are so gutsy; I do take my hat off," she said. "And although they came out on top this year, the team is not taking a break. They have their eyes set on a higher prize. They plan to compete in the collegiate level next year for the Solar Car Challenge."

Adapted from: The Miami Herald, April 2019, written by Rodolfo Roman

Text 4 The lemurs of Madagascar

- 1 Today is World Lemur Day. And what better place to see them on this day than Madagascar? The world's fourth largest island, off the southeast coast of Africa, is home to more than 100 species and subspecies of the animals. Most are small, with a pointed nose, large eyes and a tail. They mainly live in trees and can be highly social (like the ring-tailed lemurs), or live a solitary existence (like the mysterious aye-aye). Lemurs have thumbs and four fingers with fingernails on each hand, marking them out as members of the primate* order of mammals. About 65 million years ago, scientists believe, lemurs drifted on rafts of vegetation from the African continent to the shores of Madagascar. Safe from competition and most predators there, lemurs evolved into many particular varieties and can now be found in almost all territories on the island.



- 2 But lemurs are under increasing threat from hunting and forest destruction – a threat so great they're considered to be the most endangered group of primates in the world. World Lemur Day is held on the last Friday in October. It aims to raise awareness and encourage conservation to protect these extraordinary creatures from extinction.



Adapted from: Bing, October 25, 2019

** primates are members of the mammalian order of apes*

Text 5 It's a boy! Or maybe it's a girl!

Rhino born at Miami Zoo after artificial insemination.

1 One, two, three: Awwwww. A new baby just arrived at Miami Zoo. Officials announced the first ever successful birth of an incredibly uncommon one-horned rhinoceros. The baby rhino was born on Tuesday, the result of artificial insemination. The gender is not clear yet, zoo spokesperson Ron Magill told the Miami Herald. It's tiny now, but the one-horned rhino is the second biggest of the rhino species and usually weighs between 4,000 to 6,000 pounds. They say it's only the second successful birth of this rare species in the zoo's history.

2 Natural breeding wasn't working, says the zoo, so a special team of animal reproductive specialists came in from the South East Zoo Alliance for Reproduction and Conservation. SEZARC specializes in endangered species. The crew artificially collected sperm from the father, Suru, on January 8, 2018. The following day they artificially inseminated the mother, Akuti. The pregnancy period of a rhino is between 15 and 16 months.

3 Magill explained the complicated procedure: "We had to collect the sperm from the male. Once that was done, we had to immobilize the female, so that there would be no danger to the veterinarians who then carefully



used a special instrument to insert the sperm into the mother," he said. "The challenge is that it has to be timed precisely. As it turned out, our timing was perfect." Once officials confirmed that Akuti was pregnant, she was trained to receive regular ultrasound exams. This enabled staff to closely monitor the development of the baby rhino. Because the exact date of conception was known, they were able to accurately estimate the birth date.

4 For the last several days, Akuti was under 24-hour observation, awaiting "this very exciting event" according to a zoo statement. Initial indications are that the newborn is healthy and doing well. At just a few hours old, it was able to stand on its own and take a few steps around mom. More tests will be conducted when the staff can safely separate the infant from its very protective mother. Magill: "It is critical for the mother and newborn to establish a bond,

which can sometimes be a challenge for first-time mothers."

- 5 Zoo officials said there are less than 3,000 one-horned rhinos left in the wild. "This very rare birth is not only significant for Miami Zoo, it is also incredibly important in view of the international efforts

to maintain a healthy population under human care throughout the world. We do not want this species to die out." Name? Not yet, says Magill, who adds that there will be a naming opportunity made available in an effort to raise funds for continued zoo support.

Adapted from: Miami Herald, April 2019, written by Madeleine Marr

Text 6 The roots of invention

- 1 Living root bridges like the one in the picture can be found in the tropical rainforests of Meghalaya, a state in north-east India, which is among the wettest places on Earth. The gentle waterways that flow through the region's valleys become gushing floods during the summer downpour season and will wash away traditional bamboo bridges. So, generations of local Khasi people have invented a way of building root bridges by shaping living trees.

- 2
It works like this: rubber fig trees are planted or located on opposite riverbanks. As the above-ground roots of the trees grow, the Khasi will guide them across the water, sometimes with the support of temporary scaffolding, like bamboo. After years of patient tending, the roots will eventually join and take hold of each other, forming a living suspension bridge that provides safe passage over the swollen rivers.

- 3 Innovation has proven to be critical to the Khasi people. In this environment, bridges made from other materials would quickly rot and fall apart, leaving villages cut off and isolated. It takes about 15 to 30 years to grow a living root bridge sturdy enough to support humans. But the investment pays off. As these bridges age, they get stronger. Some are 100 feet long and can hold over 50 people.



Adapted from: Bing, June 26, 2019

Text 7 Chocolate



A treat for the heart! Your sweet tooth will love this! A small, weekly dose of chocolate may lower your risk of developing an irregular heartbeat. A recent study found that subjects who ate an ounce (about 30 grams) of chocolate each week had a 17 percent lower chance of developing a quivering heart rhythm (which can lead to a number of heart problems). “Moderate chocolate intake as part of a healthy diet is an option,” said lead author Elizabeth Mostofsky of Harvard’s T.H. Chan School of Public Health.

Adapted from: Reader’s Digest

Text 8 The unlikely intruder

1 While we were out, our security company alerted us that our home alarm had been activated. Because we couldn't return immediately to check it, the police were called, but they found nothing.



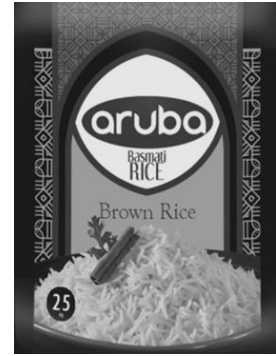
2 Later the security company called again, asking whether we had any pets roaming around, because the alarm had gone off again. We have none.

3 When we finally came home, the alarm was still blaring, so I called the company. They directed me to the room where the activated sensor was. I was quite chagrined when I saw a helium-filled balloon dancing happily in front of it.

Adapted from: Reader's Digest, October 2019

Text 9 Rice farming

- 1 Working up a healthy appetite is easy after a day of sea, sand and all that Aruba has to offer. And when it comes to dining, the island doesn't disappoint. From Japanese, Indonesian and Thai food to delicious local cuisine, there are endless culinary treats that are sure to tempt the taste buds of island visitors. There is a common ingredient that stars in many recipes. Whether it is served as part of the main meal, or enjoyed as a side dish, rice is a main component of many dishes.



- 2 Rice offers both comfort and nutrition, and it is a grain that is enjoyed on a daily basis by billions of people all over the world. While many foods tend to fade in and out of our daily diets, rice has been a mainstay for literally thousands of years. According to some studies, wild rice grains can be traced back to 6,000 years ago, along the Yangtze River in China.

- 3 There are two theories as to who discovered rice. One says it was the North American Anishinaabe tribe that first found the grain. The other suggests that it was Chinese farmers who discovered rice and developed the rice farming system.



- 4 Today there are over 4,000 varieties of rice that are cultivated all over the world. In many countries, the traditional methods of rice farming are still used. Rice seedlings are planted in flooded fields, known as paddies. As the seedlings grow, they draw nutrients from the water, turning the paddies into vibrant meadows for the grass-like plants. As the plants mature, their colors shift from brilliant green to pale yellow. Then the rice is ready to be harvested. The water is drained from the flooded fields and the plants are harvested either by hand, or by using a giant combine harvesting machine that separates the rice from the straw-like plant. The rice then goes through the milling process, and several different types of rice emerge, depending on the amount of polishing that is done to the grains of rice.

Adapted from an article by S. Hardy in: Aruba Today, January 2019