



Bijlage VSBO TKL
2026

tijdvak 1
dinsdag 12 mei
07.30 – 10.00 uur

Engels

Tekstboekje

Text 1 Circle of kindness

1 One day I volunteered to babysit my 6-year-old niece, Nelly, for the day. My sister had to work that entire Easter Weekend. We began with a pancake breakfast and then enjoyed some time at the playground. Finally, we went to my church for the special service on Good Friday.

2 “Aunty, I left Flopsy at your house!” Nelly cried. Flopsy was the stuffed bear that Nelly always kept with her. It gave her comfort, as she was very shy and didn’t like crowds. I looked at my watch. The church service was about to start. A feeling of ...1... went through me.

3 Suddenly, a little boy who was sitting with his parents on the other side of us slid out of his seat and ...2... onto the pew, right between Nelly and me. “Don’t be scared,” he said to Nelly, handing over his stuffed bear. “I’ll share Brownie with you.” The smile on Nelly’s face said it all. I will always be grateful for that little boy and his kind heart.

Adapted from: First magazine

Text 2 Quick Health Hacks

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Simple way to fall asleep fast

1 Next time you have trouble dozing off at night, try picturing yourself strolling through a tree-lined forest. Researchers found that just visualizing a green scene helped subjects drift off 50% faster and slumber more soundly. This soothing type of mental imagery prompts the release of *theta brain waves*, which help you fall and stay asleep.

Swallow horse pills

2 Mel Alan shared his never-failing tip on how to swallow those huge pills. “Gulping down pills has always been a challenge for me, until I recently learned this tip: Place the pill on your tongue, take a sip of water, then point your chin toward your chest and swallow. The downward nod forces the pill to float toward your throat, making swallowing easier. It works every time!”

Quick headache relief

- 3 The next time you have a headache, take a few deep sniffs of cilantro (fresh or dried) for 1 minute. Research suggests doing so eases a headache by up to 55% thanks to cilantro's fragrant linalool, a compound that soothes pain centers in the brain. For extra relief, place 1 tablespoon of cilantro in a dish on your nightstand. Breathing in the scent while you sleep can reduce your risk of next-day headaches.

The soak that strengthens brittle nails

- 4 Eggs are perfect for restoring dry, brittle nails to their former glory! Mix two egg yolks and one teaspoon of olive oil. Soak nails in mixture for ten minutes, then wash hands well. The biotin in yolks and fats in olive oil soak into nail beds to nourish and strengthen nails.

Adapted from: FIRST Magazine

Text 3 Do dogs and cats help with mental health?

- 1 Our thinking abilities that include memory, language and attention, deteriorate with age and scientists haven't yet found a way to stop this deterioration. There are things you can do to slow it down, however, and recent scientific studies suggest that having a pet might be one of them.

- 2 For instance, in one 2022 study, US researchers tested the mental abilities of 1,369 older people who had health insurance policies with Medicare over the course of six years. About half the ...8... had pets and the researchers found that these people's mental abilities deteriorated more gradually than non-pet owners. Within the pet-owning group, those who were longer-term pet owners performed better in tests.



- 3 More recently, data from the English Longitudinal Study of Ageing (ELSA), which has followed the ageing process of the people over 50 years old for more than 25 years, has helped scientists further ...9... the effects of pets on humans' brains. Since 2010,

the ELSA study has included cognitive tests as well as survey questions about pet ownership, giving researchers data from over 7,945 older people to draw on. According to findings published last year, having a pet did slow cognitive ...10... on average. However, the results showed that having a pet only really benefited those who lived alone.

- 4 Mental deterioration is faster, and dementia risk is higher in those who live alone, but it seems pet ownership may be able to rebalance this offset. Of course, there's still lots left to learn about brain health and ageing, but getting a pet may be a direct solution to staying ...11... into your senior years.

Adapted from: BBC Science Focus Magazine

Text 4 The birds that didn't want to be tracked

- 1 When you go to many modern-day websites, there's a decent chance you'll see a message asking you to "accept all cookies". Cookies allow website owners to track your activity on their website and, to a limited degree, on other websites as well. And many users don't want to be tracked — we value our privacy, and it's kind of creepy if you think about it. And apparently, we're not alone. Some birds don't like to be tracked, either. And they'll work together to do something about it.

- 2 In 2022, researchers in Australia published a study that they didn't expect to, at least, not when they set out to do their initial research. The team attached tiny, backpack-like tracking devices to five Australian magpies. This was to learn more about the movement and social dynamics of these highly intelligent birds. They also wanted to test these new, durable and reusable devices. The fact that the trackers were so tiny was an innovative solution to a problem worth mentioning. Most trackers are too big to fit on small and medium sized birds. Small trackers tend to be limited when it comes to data storage, battery life, and reusability.



- 3 These new trackers solved those problems — they only weighed a gram or so and could recharge and transmit data wirelessly. And the trackers were designed to be easily removed with a magnet. If you didn't

have one available, as one member of the research team explained, you could take it off with “some really good scissors.” Or so they thought.

- 4 Within ten minutes of placing the tracking device on the fifth bird, one clever female magpie without a tracker began picking at the harness of another younger bird. No magnets, no scissors, just her beak. And it worked. The bird was able to free her compatriot. And within a few days, the birds had removed all the trackers from their fellow magpies.

 - 5 The research team didn’t think that the birds were really trying to avoid being tracked — while magpies are known to be smart, they’re not *that* smart. It’s likely that the tracking device was perceived as a parasite that needed to be removed. But even then, that’s advanced behavior from the magpies, as removing the tracker from another bird yields no benefit to the one doing the removal.

 - 6 The research team concluded that the birds may be acting kindly — helping each other out without the expectation of any sort of advantage for them. That’s common among people but rare elsewhere in the animal world, and there are alternative theories as to what the birds were up to. So more research is needed. But one thing was clear: “science is often full of surprises.” Sometimes, your experiments go in directions you never expected, and you discover something you never would have considered looking for.
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Adapted from: Now I know

Text 5 ...18...

Dear Carolyn,

I have a friend at school who regularly texts me for my opinion on things he wants to do. Almost always, my sense is that the thing is a bad choice that he wants to make anyway, and he just wants me to agree with him no matter what. I don't want to pretend that buying expensive jeans with the little money you have for food is a great thing to do. He also calls to complain about things going poorly in his life but gets annoyed when I respond with what I would do in his situation. My only other option seems to be to respond, "That's awful, I'm sorry," over and over again! That feels bad to me. What else can I do? I hate seeing my friend in these situations.

Anonymous

Dear Anonymous,

When you are asked for advice, give an honest opinion, knowing it's his right to ignore it. When he asks for advice, but you suspect he's really looking for validation to do the thing he really wants to do, give your honest advice anyway. I recommend this, because it's not your job to read his mind. If he wants you to agree with him, then he can say so. When he complains to you about things going poorly in his life, ask what he would like you to do. Ask him if you should listen or advise. When he wants you to listen and make "That's awful, I'm sorry" noises, then listen and make "That's awful, I'm sorry," noises. You can also say, "I have thoughts. Do you want me to share them?" When you are so done, honestly tell him that you're burned out on this conversation. It's a kindness to let people know when they are getting you down, and what they can do to stop. Be true to yourself and still be respectful of his independence, no matter how poorly you think he is running his life.

Adapted from: The Miami Herald

Text 6 Restaurant At Sea



1 The restaurant At Sea on Bonaire is a popular restaurant that owes its name to its location at the sea in downtown Kralendijk with a beautiful view of the Caribbean Sea and a lovely outdoor patio. Tiffany Lorst and Jeroen van der Steen are at the helm of this fine dining restaurant that celebrates its first lustrum on the island this month.

2 Tiffany and her parents from a HORECA family in the Netherlands opened the restaurant five years ago. After several visits, they fell in love with the island and started a catering business here. A year and a half later, Jeroen, Tiffany's fiancée, joined the family and they have been running the place ever since.



3 The restaurant offers all kinds of culinary delights. It is known for the Surprise Menu. "A 4 – 6 course menu that we prepare with a lot of pleasure," says Jeroen. In addition, there is an extensive à la carte menu that is regularly updated. With a welcoming atmosphere, the most delicate dishes and striking views, At Sea strives to deliver the perfect dining experience for every guest. The restaurant is busy every night and reservations are recommended. After the lockdown, the restaurant opened with a brand-new menu. Customers can mix, match and share as they like.

4 Most of the guests are tourists, at least 70%. In addition, some regular local guests come for dinner every week. These are mainly retired Dutch or Americans who have been living on Bonaire for some time.

5 Jeroen enjoys working with local products. He especially likes the fish. As a cook, you get very creative on the island. It can happen that the desired ingredients are not available at that moment. This makes it a sport and creative challenge to find the best products and process them in the dishes. The well-trained chefs try to be different with every dish they create, inspired by local and overseas products. "We work with the finest tropical fruits and vegetables from South America, the best beef from the United States, delicacies and cheeses from Europe and the fresh fish, here from the Caribbean Sea" according to van der Steen.

- 6 He is happy with the restaurant and is glad that he lives in Bonaire. He especially likes developing the menu variations. In addition to the extensive à la carte menu with a wide choice of creative dishes, they make a different menu every week. This allows them to surprise their regular guests every time. “There is always something new, and there is the Surprise Menu”.
- 7 The best way to experience At Sea is by ordering their surprise menu. It consists of a 4 – 6 course menu of various small dishes that are chosen by the chef, all beautifully prepared and totally delicious. The customers can indicate whether there are certain ingredients that they do not eat or if they have certain allergies and preferences, including gluten-free, lactose-free, vegetarian or vegan. The cook takes all this into account and surprises the customers with his creations. It always has a combination of meat and fish. The Surprise Menu can include as much as seven dishes to share, such as lion-fish ceviche served over couscous with baby corn and oysters to start followed by pigeon, pasta vongole (clams) and snapper. Another delicate surprise is the goat stew. Everything is always artistically presented.
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Adapted from: Entrepreneur

Text 7 The Squeegee that Saved Lives

1 The September 11 attacks claimed the lives of nearly 3,000 people. Among the tragedy, though, are stories of heroism large and small. Over the past 16 years, museums — the Smithsonian and the National September 11 Memorial & Museum in particular — have taken up the task of cataloging and preserving some of these moments. That is why the item, below, is on display at the site where the Towers once stood.

2 On the morning of September 11, 2001, a window washer named John Damsel was at the World Trade Center doing his job, like he would any other day. But, as we all know, that wasn't any usual day. At 8:47 AM, Damsel entered an elevator with five others. He got on at the 44th floor of the north tower; the elevator was supposed to run nonstop until floor 67.

3 But it never made it to its first destination. As Frank Smith, one of the other men in the elevator, told the New York Times, "we felt kind of a thud. The building shook. The elevator swung from side to side, like a pendulum." And then, the elevator began to go downward unexpectedly and quickly. One of the passengers hit the stop button and the passengers, for the time being, were seemingly

safe, although stranded — and, therefore, in grave danger.

4 They learned about that danger about a minute later; smoke seeped into the elevator car and a voice came over the intercom to announce that there had been an explosion. Damsel and the others began to look for a way out. They pried open the elevator doors and found that they were on the 50th floor — but, as the elevator car wasn't intended to stop there, there was no opening. Instead, in front of them was a wall — four three-quarter inch layers of it.

5 At first, they used a pocket knife one of the riders had with him, but there was more bad luck to come. That one chance — that blade — slipped out of Damsel's hands, falling right down the elevator shaft. But not all hope was lost. One of them saw Damsel's squeegee — the handle, specifically — and inspiration struck: they could use that to chisel their way out.



6 Slowly — very slowly — but surely, it worked. Forty-five minutes later, they had clawed and punched their way through the drywall, opening a hole giving them access to the 50th floor. As they emerged from the hole in the

wall, firefighters — who had entered the building to ...26... it and rescue those trapped — ushered them to the stairs. Then the men raced down a stairwell to safety before the tower collapsed. All six men survived.

Adapted from: Now I know

Text 8 Where did all the white dog poop go?

1 When walking around outside, as a rule, you should probably watch where you step. You don't want to trip on a cracked sidewalk or get stuck into someone's discarded chewing gum. And you definitely don't want to step into dog poop. While most dog owners are attentive and will pick up after their pup, not all do. And some owners let their pets run off leash around their yards or even their neighborhoods; in those cases, the dogs will go where they want, and the owner isn't always there. So, if you're in an area with a lot of dogs, be on the lookout for leave-behinds. It's just the smart thing to do.

2 You probably knew that already though, and as a result, you've probably noticed your fair share of dog droppings in your day. And you may also have noticed the color of the dog doo: it's usually a rather predictable brown. That's the color poop is. It can come in various shades of brown, but it's almost always brown.

3 But for many years, that wasn't the case, at least when it came to dogs. It was very common for dog poop to be chalky and ashen white. The younger generations, have probably never even heard of such a thing. Back in the 1970s and 1980s, it was common to see chalky, white dog poop littering yards and sidewalks." And "while dogs didn't go anywhere, their ...30... white feces started to disappear in the 1990s. Today, it's basically nonexistent."



- 4 Clearly, something changed — and no, it wasn't the dogs themselves. Where did it all go? There's nothing supernatural about this odd-colored poop, nor its disappearance. It's all about diet, and, specifically, the quality of the dog food Fido was eating. Dogs don't usually get to choose what they eat; whatever their owners put in their bowls is dinner, and there's little use in **...31...** And while we think of our dogs as family members, we probably aren't quite as concerned with what they're eating as we would be, for a small child.
- 5 For most of the history of dog food, cheap fillers were an easy way for **...32...** to keep prices down, which most dog owners appreciated. One of the most common fillers was bone meal. Basically, ground-up animal bones that would otherwise have been discarded at the slaughterhouse — and bone meal contains a high amount of calcium. And the dogs couldn't digest all that calcium. "Whatever the dog couldn't process ended up in its feces, and as the wet matter dried out in the sun, the hard calcium stuck around. This led to crumbly, mummified turds littering our sidewalks and green spaces."
- 6 Unfortunately for the dogs, while white poops were **...33...**, the bones they came from weren't. Bone meal could contain some sharp edges and, dog food companies began to realize that cooked bones could splinter and damage a dog's digestive system. No one wants to do that to their pup, so in the late 1980s and 1990s, dog food companies began using other fillers — typically plant-based ones that are high in fiber and have virtually no calcium at all. And just like that, the white dog doo disappeared from our sidewalks.
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Adapted from: BBC Science Focus Magazine

Text 9 Concerned mother

Dear Queenie,
My son is almost 2 and sometimes his grandmother, my mother, likes to hold him and hug him and shower him with kisses. Sometimes he just accepts this, but other times he whines and squirms and says, "No," but she just goes on doing it.
I like to hug and kiss my son too, but if he wants me to stop, I do.
Queenie, should I talk to my mother about this?

Concerned mother

Dear mother,
Yes, talk to your mother. Affection is not "affectionate" if it is not welcome. Try to help her find other ways of showing her affection than forcing her grandson to endure unwanted "attacks". And, as usual, I suggest that, if necessary, professional counseling might help.

Adapted from: Daily Herald

Text 10 The Reebok expansion into the US

1 In the 1970's Joe foster was eager to expand the Reebok business outside of Great Britain. For this, the company needed to conduct a market study, which was very expensive for young businesses. Joe Foster tells about that time. "There were four of us making the decisions, my brother Jeff and his wife, and my wife and I. That meant four different perspectives on how the company should be run. I wanted

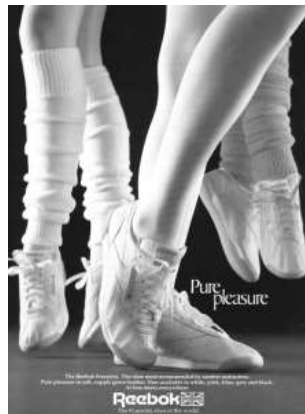


to move into the American market, but the other three said it was not financially feasible. Fortunately, I came across an advertisement that the British government had placed in a magazine.

They were trying to increase exports to the United States and supported manufacturers by paying for their passage, part of their stay and a booth at the National Sporting Goods of America, a major sporting goods

trade show in the United States. It was the beginning of our entry into the American market. Still, it took another ten years to consolidate our presence.” This story appears in Joe’s book, ‘*Shoemaker: The Untold Story of the British Family Firm that Became a Global Brand*’. “This experience taught me that if you want to be persuasive, you must learn to listen to the objections of others,” he states.

2 Their break in the United States came at the hands of the fashion industry. By the early 1980’s, Reebok had established its reputation as a boutique brand that produced high-quality running shoes. “One day Mario, our representative in Los Angeles, saw his wife and other women dancing and exercising to music. He asked her what they were doing, and she answered, aerobics. Mario visited the instructors during their classes and noticed that some of the women were wearing a single model of another brand’s shoe, while others didn’t wear shoes at all. It occurred to Mario that Reebok could produce a soft, comfortable shoe in



women’s sizes. At first, the other team members weren’t convinced. So, we played it safe and made a hundred pairs. We gave them for free to the aerobics fans to try. It was a trial run in making dance shoes for women. They loved them and when Jane Fonda, a popular actress, wore a pair on her show, things really exploded. We went from making \$9 million a year to \$900 million in just four years,” said the businessman.

3 And so, the rest is history... and it’s in the book. They had to deal with growing pains, but Reebok introduced innovative ideas as it expanded. Now retired, Joe Foster’s next challenge is to turn his book into a best-seller, and he’ll apply the same methods he used to grow his brand. “Jeff and I never dreamed of becoming number one when we founded the company, but we did it. My focus now is the book, not money. I have already experienced my greatest satisfaction. It is that we created Reebok, we gave it value, we focused on the brand, and we made a lot of people love it. We never thought about giving up, only about building, and that’s what gave Reebok a winning culture.”

Adapted from: Panorama de las Americas