



Bijlage VSBO PBL

**2021**

tijdvak 1  
donderdag 27 mei  
07.30 - 09.30 uur

**Engels**

Tekstboekje

## Text 1 Good idea!

Dear Queenie,

I am a senior citizen who lives alone. These are dangerous times that we live in. Sometimes I become scared when I hear sounds outside, especially at



**Put Your Car Keys  
Beside Your Bed  
at Night**

night. So I always keep my car keys close to me, even when I am at home. The reason I do this is the following: If there is an emergency and I can't reach my phone, I can always push the panic button and set off the horn of the car. Then my neighbors will know something is wrong.

I thought you might like to pass this idea along to your other readers.

*Cautious Cathy*

Dear Cathy,

*Thank you for your suggestion. May I add, though, that you should be sure to inform your neighbors that if your car horn starts blaring, it may mean you are in trouble and you would like them to check on you. Car alarms do go off by themselves sometimes, so often people tend to ignore them.*



*Queenie*

*Adapted from The Daily Herald, December 2016*

## Text 2 Curacao Color Walk

- 1 Willemstad. The third edition of the Curacao Color Walk will take place on Sunday, June 5<sup>th</sup>. The organizers, JCI (Junior Chamber International) and EY (Ernst and Young) call the event a color festival, during which the participants are doused with colored powder at eight stations along the route.



- 2 The event starts with a warm-up at Kleine Werf. The actual walk starts at 7.00. After a round of five kilometers through Punda, the walk ends back at Kleine Werf. After the walk, a cool-off is scheduled.



- 3 The colorful powder used for dusting the participants is ecologically friendly, harmless and washable, according to the organizers. All funds raised from this sporting event will be donated to a number of foundations and organizations, including initiatives by JCI and EY Cares. Participants must be older than four.
- 4 Participants need to buy t-shirts for the walk. These t-shirts can be bought starting this Saturday, May 28. They will be sold at Kooyman Zeelandia for 20 guilders from 10.00 till 19.00. Subway Brionplein will also sell the t-shirts on that same day, from 10.00 till 15.00. While stocks last, it will also be possible to buy them on Sunday, May 29 (from 10.00 till 14.00) and on Monday, May 30 (noon till 19.00) at Kooyman Zeelandia.

*Adapted from Amigoe Express, May 24, 2016*

### Text 3 Restaurants closed after E. coli outbreak

More than 40 restaurants of the Chipotle chain all across Oregon and Washington State were closed last Saturday. This happened after an outbreak of E. coli\* that was linked to some of the chain's locations in those states, according to health officials. Nineteen E. coli cases in Washington and three in Oregon have been connected to Chipotle, according to the Washington State Health Department (WSHD).



"The outbreak appears to be related to food served at Chipotle restaurants. But the food or other source of contamination hasn't yet been determined and remains under ...7...," the department said.

Eight of those who got sick were hospitalized, the department added. No one has died as a ...8... of the outbreak. "Anyone who thinks they may have become ill from eating at a Chipotle restaurant in the past three weeks should turn to their healthcare provider," Dr. Scott Lindquist of the WSHD said in a statement.

Chris Arnold, Chipotle's communications director, said that the people who got sick ate at six different Chipotle restaurants. "The safety and comfort of our customers are always our highest ...9...," he continued. "We offer our deepest understandings to those who have been affected by this situation."

As soon as the company was warned of the E. coli outbreak, they immediately shut down all of their restaurants in the area out of ...10..., even though most of these restaurants have no reported problems. "Chipotle is working with health officials to ...11... what caused the issue," the communications director said. He also told NBC News that a total of 43 Chipotle restaurants were ...12... and the "reopening schedule will depend on the progress of the investigation."

Usually E. coli is harmless. However, some types of E. coli can ...13... diarrhea, urinary tract infections, breathing problems, pneumonia and other illnesses, according to the Center for Disease Control and Prevention.

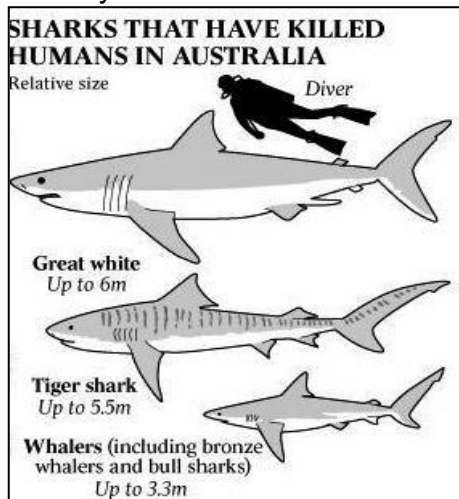
The shutting down of the restaurants came at an ...14... time for Chipotle and fans of the Mexican food chain, as the restaurants were fully booked for Halloween. It is a financial loss for the company, and the customers will have to find another location for their Halloween party.

*\*Escherichia coli are bacteria that live in the digestive tracts of humans and animals.*

*Adapted from an article on nbcnews.com, October 2015*

## Text 4 Australian shark attacks

- 1 Shark attacks off Australia's northeastern coast have become more frequent in the past months. The attacks have also taken a bite out of the tourism industry. The northeastern coast is loved for its luxury resorts and beautiful beaches, which some people call the best surfing waters on earth. Protective nets have been placed in the water to save lives and guard the country's reputation as a holiday destination.



- 2 Australia ranks behind only the United States in the number of shark attacks, a University of Florida study showed, just ahead of South Africa. There are on average 16 serious attacks a year, with one fatality every other year. "When I surf, I always think about sharks," Alexandre, a tourist from France, told this news agency. "I am most afraid when it's cloudy, or when the water is not clear."



- 3 The Government recently approved a decision permitting shark nets on all beaches in the northeastern region of Australia. Up to now, environmental laws had not allowed such nets. The action has therefore provoked protests from environmental protection groups, claiming the nets cause harm to sea animals. "We see dolphins and whales, mothers and calves, getting tangled in the nets," said Jeff Hansen, director of Sea Shepherd Australia, a local ocean conservation organization.



- 4 The shark attacks have hit tourism hard. Plans for several summer events have been scrapped and registrations are down at swimming, diving and snorkeling clubs. The attacks have deterred visitors and hurt businesses. It is speculated that business on the northeastern coast has crashed by as much as a third after the attacks.

*Adapted from The Daily Herald, January 2017*

## Text 5 Happy Hair Days

*Oprah Winfrey's personal hairstylist, Nicole Mangrum, shares her advice about maintaining your hair in top form.*

- 1 Nicole Mangrum always knew hairstyling was in her future. “As a little girl, I carried a brush and a comb everywhere,” she says. I styled anyone who would let me.” All that practice eventually led to her own salon in Chicago, which she ran for 14 years. Three years ago, she started thinking about her next chapter. Not long after, Oprah Winfrey’s longtime hairstylist



Andre Walker was looking to retire. He asked a friend of Nicole’s if he knew anyone who might be able to replace him. “When Andre called, it was a dream come true,” Nicole says. Do you know that I had made a vision board of what I would love to do? One goal was to work for Oprah Winfrey. But I never thought we would be working this close!” Oprah invited Nicole to do her hair for a couple of *Super Soul Sunday* episodes. “I was beyond nervous,” Nicole admits. After seven months of try-outs, the job was hers. She joined Oprah as her full-time hairstylist in July 2015.

- 2 As she was about to take off with Oprah for her first trip to South Africa, Nicole revealed the best of her hair wisdom and experiences.

- 3 .....?

“Dryness and breakage caused by over processing and heat tools, such as dryers, curling irons and flat irons. Many of you have a mix of textures. With natural black hair, it’s hard to find the perfect products to keep the hair moisturized but not too oily. A lot of women do protective styling in braids or weaves to give the hair a rest from treatments or heat tools – or when they just don’t want to deal with managing it every day. But this protective styling can put stress on hair and damage the hair, leading to thinning or even hair loss.”

- 4 .....

“There are three key words for maintaining healthy hair: *moisture, moisture and moisture*. Hair products contain sulfates. Sulfates can be drying, so look for sulfate-free shampoos and conditioners, and creamy formulas with oils such as coconut and jojoba. Use a deep conditioning hair mask with oils at least once a week. Also use heat-protecting spray when styling with a hot tool.

If you wear braids or weave, tell your stylist if it feels too tight – which by the way, won't make it last longer and can damage the hair strands. And even these styles must be washed and conditioned at least once a week. Take time to figure out the products you need. Many of my clients have found videos on YouTube to be a terrific way to learn about styling."

*Adapted from O Magazine, March 2017*

## Text 6 Boy swims to Alcatraz and back, breaking record

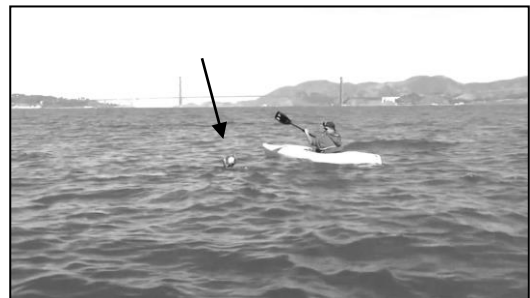
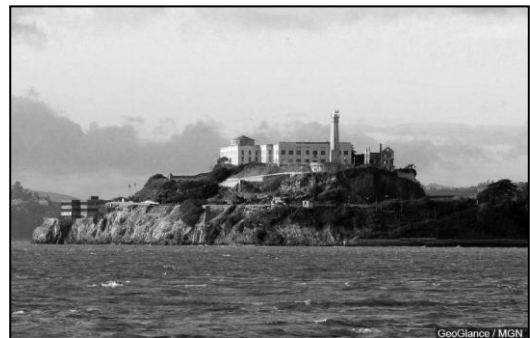
1 *SAN FRANCISCO, A 9-year-old Central California boy defied strong currents and cold water to swim from San Francisco to Alcatraz Island and back.*

2 Local media in Fresno reported Tuesday that James Savage set a record as the youngest swimmer to make the journey to the former prison. The station reports that by completing the swim, the fourth-grader from Los Banos breaks a record previously held by a 10-year-old boy.

3 James says that waves in the San Francisco Bay hitting him in the face 30 minutes into his swim made him want to give up. "I wanted to turn back but they kept yelling, 'I believe you can do it' so I kept going," James told the reporters afterwards.

4 James' father, Henry, says he had offered his son \$100 as a reward. To encourage his struggling son during the attempt, Henry doubled the reward to \$200. James pushed forward, making it to Alcatraz and back in a little more than two hours. Alcatraz is more than a mile from the mainland.

5 Now that this swimming feat is completed, James told the local station that his next goal is to swim the length of the Golden Gate Bridge, which is 8,981 feet, approximately 2,737 meters.



*Adapted from CBS and Associated Press*

## Text 7 Surgeons remove coins from turtle stomach

1 *BANGKOK (AP) — Tossing coins in a fountain for luck is a popular superstition, but this belief brought misery to a sea turtle in a pool in Thailand. This sea turtle ate the coins and the loose change eventually formed a heavy ball in her stomach, weighing 5 kilograms. The weight cracked the turtle's shell, causing a life-threatening infection.*

2 Last Monday the 25-year-old female green turtle nicknamed 'Bank' was operated on in Bangkok. Her indigestible diet was a result of many tourists seeking good fortune tossing coins into her pool over many years in the eastern town of Sri Racha.

3 Five veterinary surgeons from Chulalongkorn University patiently removed 915 coins during a four-hour operation, while 'Bank' was under general anesthesia. The stash was too big to be taken out through the 10-cm incision they had made, so it had to be removed a few coins at a time. Many of the coins had rusted or had partially dissolved. 'The result is satisfactory. Now it's up to Bank how much she can recover,' said dr. Briksawan, member of the surgical team. While recovering, the turtle will not be allowed to eat solid food, but liquids only for the next two weeks.



*'Bank' lying upside down on the operating table at the veterinary medical aquatic animal research center*

4 Bank was brought in by the navy. It was only after a detailed 3D scan that doctors pinpointed the unexpected and weighty problem. Nantarika Chansue, the surgery team leader, said that when she discovered the cause of the turtle's agony, she was furious: 'I felt angry that humans – whether or not they meant to do this or did it without thinking – had caused such harm to this turtle.'

5 Thai media began publicizing the turtle's tale last month after she was found. In response, some 15,000 baht (\$430) in donations was raised from the public. This partly covered the costs of the surgery.

6 Typically, a green sea turtle has a natural life of around 80 years. It is listed as an endangered species by the International Union for Conservation of Nature.

*Adapted from Live Science, 2016*



### PIMIENTO-CHEESE DEVILED EGGS

*Prep 25 minutes*

*Total 45 minutes*

12 large eggs, hard-boiled, peeled and cut lengthwise in half, yolks scooped out

1/3 cup mayonnaise

2 teaspoons hot sauce

1/4 teaspoon salt

1/2 cup sharp Cheddar cheese, shredded

1 jar (4 oz.) pimientos, drained well and finely chopped

1 onion, finely chopped

paprika powder, for garnish

In a medium bowl, mash egg yolks, mayonnaise, hot sauce and 1/4 tsp salt until almost smooth.

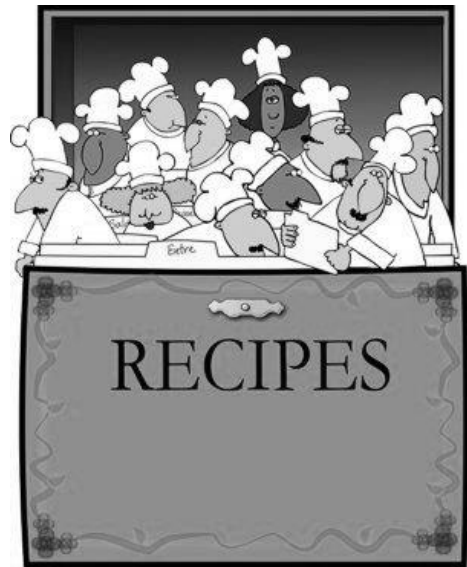
Mix in cheese, pimientos and onion.

Spoon the mush into the white egg halves.

Arrange the egg halves on a plate and garnish them by sprinkling them with paprika.

Serve immediately or refrigerate, covered with plastic wrap, up to 1 day.

*Serves 12*



*Adapted from Women First Magazine, 2016*

## Text 9 I love to travel

*American TV star Shay Mitchell recalls her favorite travel memories.*

### **Rwanda**

I did a hike in Rwanda to see the silverback gorillas. I loved it so much that I went back again. It's a completely natural experience. The gorillas live the same way as they normally would, except we can visit them. It's up close – but not too close. I got lucky and saw the same family I had seen the year before. The baby was a bit bigger. It was an amazing experience to see them in person, not just on National Geographic Channel.

### **Morocco**

The Moroccan souks (market stalls) were awesome. I loved looking at all the shoes, clothes, everything. I was constantly ooh-ing and aah-ing over the decor. I wanted to decorate my entire house with everything I could find. I ended up buying a buffet table for my dining room. I had to get a container to ship all the stuff back home, including three rugs for my living area.

### **Dubai**

Dubai was the place I ended up having to stay for one night, because I had missed my connecting flight. My luggage was still on the plane, so what do you do when you're in Dubai for 24 hours without any clothes? You go skydiving! I learned that you need to roll with the punches sometimes. Who knows when I would be back again? Skydiving in Dubai was amazing. You can see the famous Palm Islands, which is a series of man-made islands – absolutely stunning.



### **Tulum, Mexico**

I had a fun adventure in Tulum, Mexico one New Year's morning, trying to find a taco place at day break. When I'm hungry, I'm hungry! Tulum is small. It's not like Cancun. Not many vendors are open at that time. My lack of Spanish didn't help either. I had to use hand signals to find those tacos. I've learned that from traveling. When you can't speak the language, hand signals work wonders.

*Adapted from an article in American Way Magazine, April 2017*