



Bijlage VSBO PBL

2018

tijdvak 1
woensdag 16 mei
07.30 - 09.30 uur

Engels

Tekstboekje

Text 1 What's the latest big change you made in your life?

Four young people talk about the changes in their lives.

Jack

Taking flying lessons. It has helped me to overcome my fear. It has also boosted my self-confidence. Through it I have a much better understanding of the weather, too!



Tammy

My husband and I used to live in a big house in a fancy town. We went out for expensive dinners and took expensive trips. It was all about us. We were living selfish lives, when I think about it now. Then I realized my life was not as meaningful as I wanted it to be. We decided to make some changes. I cut back on my work hours, so I could be home more with our son. We decided to sell our mansion and move into a smaller home. Our little boy loves living here. Finally, we decided to sponsor 3 children from poor families in Haiti through an organization on a monthly basis. Now we are happier than ever.



Vera

I cut off my dreadlocks after growing them out for 15 years. I now have a short, natural afro, and it feels amazing. I had been thinking of cutting them for a long time, but I thought it would not look pretty or make me look older. But my husband told me my beauty is all about my lovely smile and eyes – and those things will never change.



Sherman

After working in a theater in New York City for 5 years, I gave up my apartment and almost all my belongings to move to Boston. Instead of looking at the East River, I now look at the Atlantic Ocean from nearby beaches. Here, I have time to create a new life for myself. The great journey continues.



Adapted from O Magazine, April 2015

Text 2 United Airlines passengers endure nightmare layover

Hundreds of passengers aboard a United Airlines flight from the USA to Australia experienced a 30-hour travel nightmare last week. Their plane got ...(2)... , and the passengers were forced to endure an extended stopover.

The plane departed San Francisco at 10:30 p.m. Wednesday, heading for Sydney, with 251 passengers on board. But the plane had to change its course to the airport of Canberra. The pilot blamed the diversion on rubbish on the Sydney ...(3)... .

After the plane landed in Canberra, the crew received news from Sydney that the rubbish had been removed. But they were unable to take off again because the pilot had ...(4)... his flying hour limit!

To make matters ...(5)... , the passengers were not allowed to enter the Canberra Airport due to customs and immigration ...(6)... .

Instead, the passengers were forced to ...(7)... – apparently spending nearly four hours in their seats before they were finally allowed to get off. United Airlines then gave the passengers snacks and drinks, and they could walk around a bit, sit down or lie down. On the runway!

After United Airlines had found a substitute pilot, the plane finally headed for Sydney. A few passengers are considering legal steps, and some of them wrote about their travel ...(8)... online.



Adapted from Yahoo news

Text 3 KiT killing it at Werfpop

- 1 *KiT does it again!* They have been touring all over the world this year, giving outstanding performances in the US, Europe and even Cape Verde. Last Sunday they made one hell of an impression during Werfpop, in Leiden.



2 When they first took the stage, there were only a few people in the audience, but that quickly changed after they played their first song. KiT is short for Kuenta i Tambú. Their sound is inspired by traditional Afro Caribbean music and European dance music. The members of the group are from Curaçao and Aruba.

3 The KiT sound is infectious. There's no way you can stand there during a show without moving your hips, which is exactly what went down at Werfpop. Word has it that the huge crowd left the place with a big smile on their faces after the performance.

Adapted from GoWeekly

Text 4 Vitamin and medicine safety – rules to follow

What can you do to make sure your vitamins and other pills stay at their best?

- 1 Put them in airtight plastic containers. Move them out of the bathroom and the kitchen. Many people store supplements on kitchen shelves or in bathroom cabinets. But the moist environment in these rooms can decrease the life of the pills, as well as their quality. The same problem can occur when you put your vitamins and medications in a checked suitcase when you travel by air. Moisture in the belly of the aircraft can damage your pills.
- 2 Don't mix pills. Don't ever store different pills together in the same bottle. This can affect their quality.
- 3 Replace them when needed. Don't take pills after their expiration date. Also, toss vitamins out if they develop brown spots. It means they have lost their nutritional value.

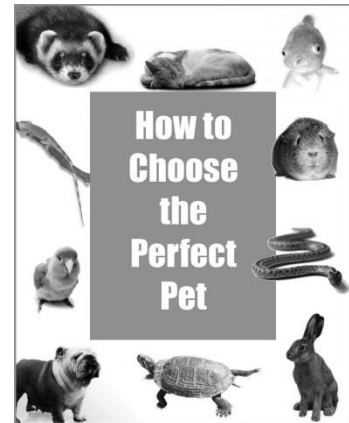


Adapted from The Miami Herald, October 2014

Text 5 What is the right pet for you?

Looking for a pet, preferably a dog, but don't know which one to get? Here are some questions you'll want to ask yourself. Picture yourself:

- What do you want a pet for? Companionship? Protection?
- What do you see yourself doing with a dog? Running? Going to the park with the dog and the kids? Going for long, quiet walks? Cuddling in front of the TV?
- Do you travel a lot? Would you take the pet with you? If not, who would take care of it for you?
- Is your living situation comfortable for all types of animals?
- Does anyone in your family have allergies? Remember that all dogs can trigger allergies, even the "hypoallergenic" ones.



Once you have answered these questions, you'll have a great idea of what type of breed you will require. In general, type is more important than size or overall appearance. Here are some extra pointers:

- Active, but friendly, less nervous breeds best suit families with children.
- Homes with small children are not ideal for breeds typically trained for protection work.
- Whatever you do, don't get a pit-bull type of dog if you want an affordable animal you can take with you everywhere.
- One last note: Plan on getting pet health insurance for your purebreds. They are pricey to keep, and vet bills may run into hundreds of dollars a year.



Adapted from The Miami Herald, April 2015

Text 6 St. Maarten sports notices

<p>Veteran League Veteran Male 60+ Softball league invites teams interested in joining the Veteran League for the 2015 Veteran Male 60+ Competition. For more information call 5xxxxxx.</p>	<p>Swimming classes Ryan Smith Swimming Instructor is now registering children and adults for swimming classes. Location: Divi Little Bay Hotel on the beach. For more information call 5xxxxxx or e-mail ryansmith@gmail.com.</p>
<p>Baseball Program St. Martin Pony Baseball League informs all parents of boys ages 4 to 10 that practice and registration have started for their baseball program. Practice is held every Monday, Wednesday and Friday from 3:00 to 6:00 pm at the Jose Lake Sr. Ball-park. There will also be youth baseball games at the field in Belvedere every Sunday starting at 10 am. Registration is at the Sports United office on Cannegieter Street 93 in Philipsburg. When registering, take along a copy of your child's passport, ID or residence papers.</p>	<p>Self-Defence Classes Brazilian Jiu Jitsu classes are offered for both adults and children ages 4+. Muay Thai Kickboxing for adults ages 18+ is on Mon/Wed 5-6 pm. Women Only Defence on Thursdays, 7 pm. All classes take place at Roberto's Gym. For more information contact or e-mail info@sxmrob.com</p>
<p>Volleyball Try-outs United Volleyball Club is registering boys, girls and adults for their teams. Call 5xxxxxx or 5xxxxxx for more information and try-out times.</p>	<p>Boxing Classes Boxing instructor Bobby 'The Tiger' is offering boxing classes. For more information call 5xxxxxx or 5xxxxxx. Classes will be at the Ultimate Fitness Center.</p>
<p>Badminton Club Orion Badminton Club is in the Academy Gym Hall. Practice time: Mondays and Wednesdays from 7-9 pm.</p>	<p>Female Soccer Team FC St. Maarten is looking for energetic ladies to join their female soccer team. Practice takes place at Raoul Illidge Sports Complex in Cay Hill every Tuesday and Thursday, 7:00-8:30 p.m. and on Fridays, 4:30-6:00 pm. Email: fcstmaarten@gmail.com or pass by during practice hours. Ages: 16+</p>

Adapted from The Daily Herald, March 2015

Text 7 Fight silence with silence?

DEAR ABBY:

My 19-year-old independent son Jason lives and studies in Holland. He completely ignores me. He won't answer my text messages, emails, postal mail or phone calls. Sometimes weeks and months go by with no meaningful conversation between us.

I am tired of it, and of being treated so disrespectfully. I thought I had raised my son to be more thoughtful of others, especially his mother.

I'm ready to put an end to my misery by ignoring him back and 'forgetting' holidays and birthdays. That may not seem motherly, but I'm weary of trying to get him to be more responsive. Any suggestions?



Ignored Mom, Sarah

DEAR IGNORED MOM:

I don't know how often you have been calling, emailing, texting and writing to your son, but from what you have written, it seems to me that it might be a relief to both of you if you stop – at least for a while.

If he notices the silence and reaches out, you can discuss the reason for it then. However, if he doesn't, you will have to accept that for whatever reason, this is the way he wants it. And if that's the case, it is important that you concentrate on your relationships with friends, other family members and activities that bring you happiness, because clearly, your relationship with your son does not....

Adapted from The Miami Herald, April 2015

Text 8 Recipe

Pumpkin-zucchini soup

A delicious recipe for a super tasty and healthy soup!

Serves six.

Ingredients:

1 tablespoon olive oil or canola oil
1 large onion, chopped
2 cups of diced pumpkin
1 Idaho potato, peeled and diced
6 cups chicken broth, without fat
2 ½ cups of chopped zucchini
salt and freshly ground black pepper to taste
¼ cup fresh, chopped parsley
¼ cup fresh, chopped basil



Heat oil in a heavy-bottomed soup pan and fry the onion on medium heat until glazed.

Add the pumpkin, potato and broth.

Bring the soup to a boil and then simmer for 20 minutes.

Puree with a blender, then add the chopped zucchini.

Simmer for 5 more minutes, and finish with salt and pepper.

Serve in bowls. Sprinkle with lots of parsley and basil just before serving.

BON APPETIT!

Adapted from Amigoe Express, April 2015

Text 9 Less Salt in Dutch food

1 The Hague – Some foods nowadays contain significantly less salt than in 2011. This was shown in the study that was published by the Dutch Royal Institute for Public Health and Environment (RIVM). During the study it was found, for example, that there is less salt in bread today than 4 years ago.

2 Because bread contributes greatly to a person's daily intake of salt, the decrease in salt that was found in bread will most likely help people to limit their intake of salt

on a daily basis. The study found that the amount of salt in other foods, such as soups and meat products, remained the same, according to the RIVM.

3 The study is a result of an agreement that the Minister of Health signed in 2014 with representatives of the food industry, the hotel, restaurant and catering industry, and other food-related organizations. In the document it was agreed that levels of salt, fat and sugar in foods would be gradually decreased with time.

Adapted from Amigoe Express, February 2015

Text 10 Magical nights for Harry Potter and Hobbit fans

- 1 For the Harry Potter fan that has always dreamed of living in the world of writer J.K. Rowling, a London hotel has turned one of its floors into a Harry Potter floor.



- 2 In The Georgian House Hotel in the British capital you can check in as a 'real' Hogwarts student. The hotel has designed the rooms on one floor as 'wizard' rooms. Wooden four-poster beds, Harry Potter clothing in the wardrobe, 'magic' wands and potions and large caldrons in the fireplaces complete the ultimate Harry Potter feel on this floor.



- 3 Because the other guests are in fact 'Muggles' (the Harry Potter word for 'normal' humans, so non-wizards,), the hotel serves a standard English breakfast instead of Bertie Bott's Every Flavour Beans, it says on the hotel's website.



- 4 The diehard fans can combine their stay with a studio tour to the studios where the HP films were shot, only a 20-minute's train ride away.



- 5 For those that prefer The Hobbit or Lord of the Rings, there is an alternative: you can sleep in a 'real' Hobbit dwelling! In Montana, USA, you will find Hobbit House Hotel Montana. In this bungalow park you sleep *in a hill* in the forest. The design of these Hobbit houses – their interior and their exterior – was inspired by J.R.R. Tolkien's books.

Room rates can be obtained from the hotels' websites.

Adapted from Sanne Riepema, AD.nl