



Bijlage VSBO PKL

2021

tijdvak 1
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Engels

Tekstboekje

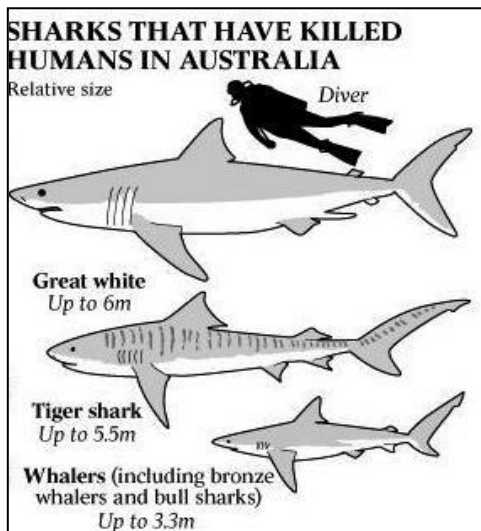
Text 1 Tricky terms

Organic! Vegan! Gluten-free! You might feel good buying products that carry these words on them. But what do they actually mean? A group of experts defined a number of these tricky terms that are often printed on supermarket products.

TERM ON PRODUCT	WHAT IT MEANS
	The USDA (United States Drug Administration) defines this term as 'products containing agricultural ingredients that have met standards of quality and purity.' To carry the USDA Organic seal, a product has to be tested and certified as '100 percent organic'. This means that the product only contains organically produced ingredients.
	The Vegan Action Organization states that vegan is meant to indicate that a product has not been tested on animals and contains no animal products or by-products (so no beeswax, no eggs, milk, butter, etc.).
	Gluten is a substance that is found in wheat (flour) or grains. You only need gluten-free products if you are sensitive or allergic to gluten, because ingesting gluten can result in sickness. Otherwise, don't be worried. So if you are sensitive or allergic to gluten, make sure your ingredients labels don't contain wheat, rye or barley.
	Farms that supply fair-trade ingredients or products are very strict about environment and social and economic standards. These standards must ensure safe, healthy working conditions. Also, the maker of the product must invest in healthcare and education of the farm's communities. To check if a product is really fair-trade, check for certification from an organization like Fairtrade International.
	Two types of pollution dominate the United States: ozone pollution and particle pollution. Ozone pollution occurs from a mix of sunlight and chemicals emitted by cars, power factories, and other sources. Particle pollution comes from tiny pieces of dangerous solids or liquids in the air or the water. Anti-pollution products containing certain anti-oxidants may safeguard you against possible hazardous consequences of this type of pollution.

Adapted from O Magazine, March 2017

Text 2 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."



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.



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 many 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 3 Cyprus forest fire fighters

Aircraft from Britain and Greece have joined Cypriot firefighters in a battle to control some of the worst forest fires to have hit the island in years, officials said Monday.

Cypriot Interior Minister Socrates Hasikos told state television sixteen aircraft were being used to wet the “extraordinary” fires. They were supporting more than 300 firefighters and more than 50 vehicles at the Troodos foothills, where the blaze has already ...5... an area of various square kilometers.



The Cypriot government had requested assistance from Israel and Greece, while British forces on the island are always on standby to help and are doing so with two helicopters. Israel sent aircraft to Cyprus when a new fire broke out on Saturday at Argaka, in the northwestern tourist region of Paphos, fanned by strong winds and sizzling high ...6... .

The Argaka fire was brought ...7... control on Saturday night, while police detained two people suspected of lighting the fire deliberately. Another fire, which started near the mountain village of Evrychou, is still ...8..., although Greece and Israel aircraft carried out numerous so-called ‘waterflights’ until nightfall on Monday.



Cyprus President Nicos Anastasiades told reporters at the scene that “...9... damage has been done”, and described it as a “tragedy for countryside communities.” Efforts to control the fires are being troubled by a heat wave and strong winds, which made the dry conditions even ...10... . As a ...11... , some villages and isolated mountain homes have been evacuated. Police suspect a teenage boy started one of the fires after playing with a lighter.

In the meantime, one fireman died in hospital of injuries suffered when the truck he was driving plunged down a cliff, police said. Two others were injured in the accident, one of them seriously, during efforts to ...12... the blaze.

Adapted from CyprusNewsReport.com

Text 4 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.

- 4 Bank was brought in by the navy. It was only after a detailed 3D scan that vets 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.



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

Adapted from Live Science, 2016

Text 5 World Heritage sites threatened by climate change

Climate change might dampen Lady Liberty's glow, according to experts.

1 The United Nations (UN) released a report Thursday saying 31 natural and cultural World Heritage sites in 29 countries are vulnerable to the effects of climate change: rising temperatures, rising sea levels, intensifying storms, longer droughts and so on. The report outlines how these consequences of climate change could damage or destroy the Statue of Liberty in the US, the Shiretoko peninsula in Japan, Stonehenge in the UK, and many others.

2 “Globally, we need to better understand, monitor and address climate change threats to World Heritage sites,” Mechtild Rössler, director of UNESCO’s World Heritage Centre, said in a news release. “As the report’s findings underscore, limiting global temperature rise to a level well below 2 degrees Celsius is vitally important to protecting our World Heritage for current and future generations.”

3 In October 2012, New York City had to deal with hurricane Sandy – a “superstorm” unlike any it had ever seen before. As the report notes, more than 75 percent of Liberty Island, in New York Harbor, was flooded, causing extensive damage to the island’s infra-structure, and forcing it to close for nine months.

4 After hurricane Sandy, the National Park Service (NPS) made an inventory of all aspects of Liberty Park and its neighbor, Ellis Island: docks, walkways, visitor’s centers, museum collections, and so on. They had discussions with natural resource specialists, maintenance officers and mechanical engineers. NPS concluded that 100 percent of Liberty Island is at high-risk to rising sea levels, given its low height.

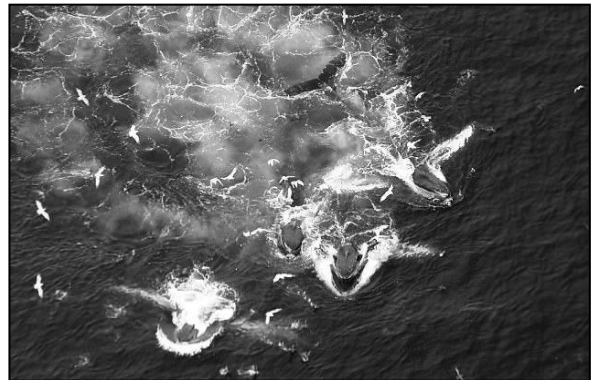
5 According to the UN report, the contents of Liberty Island and Ellis Island, including Lady Liberty herself, are valued at more than \$1.5 billion, “but the indescribable cost of future damage to this international symbol of freedom and democracy is incalculable.”

6 The NPS said that, though certain features such as the docks, might need to be replaced in the aftermath of a storm, the Statue of Liberty is a “robust monument”, and that they will do everything they can to make sure visitors can see it up-close well into the future.



Adapted from Yahoo News, 2016

Text 6 Whales swarming near South Africa



Hundreds of whales spotted off the western coast of South Africa

1 If you want to go whale-watching, one of the best places right now is off the coast of South Africa. That's because hundreds of humpback whales are massing in this area, and scientists are not sure why they are there.

2 Starting about five years ago, whale researchers started noticing unexpectedly large groups of whales congregating in the Benguela Upwelling System, a region of the ocean off the western coast of southern Africa. Humpbacks typically only travel alone or in pods of 5-10 whales. But these large congregations had up to 200 members. Moreover, this area is far away from where the whales are usually found. In the summer months – now in the Southern Hemisphere – the whales travel to Antarctica to feed, while in the winter they reside near the equator.

The present location is neither, which makes finding so many whales here even stranger.

3 Scientists believe these whales are congregating for food but are unsure why they chose this specific spot, or why they don't simply feed near the poles like most whales. There's a possibility this region serves as more of a social spot, where whales meet and acquire hunting skills. This explanation is supported by the fact that most of the whales in this region are young. It is also possible that such large gatherings are actually natural for whales and the small pods we have mostly seen them in so far are simply a result of the species' endangered status. The number of humpback whales has tripled since the early 1990s so we may simply be seeing a return to normal habits.

Adapted from Popular Science

Text 7 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."

5 Amazing numbers

70 pounds: Weight of the bag Nicole carries her styling tools and products in.

5 minutes: Shortest time she's spent styling Oprah's hair – in this case, a bun.

15: Number of brushes and combs Nicole brings to a photo shoot.

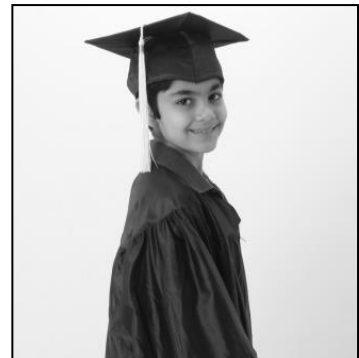
Adapted from O Magazine, March 2017

Text 8 Ready to start at age 12

SACRAMENTO, California. – A 12-year-old Sacramento student, who already has three community college degrees and has been accepted at two universities in California, says he plans on studying biomedical engineering and becoming a doctor and medical researcher by the time he turns 18.

Tanishq Abraham has been accepted to UC Davis and has received a scholarship to UC Santa Cruz, but he has yet to decide which university he'll attend. "I think I'll be 18 when I get my M.D.," he said. Tanishq started community college at age 7 and last year he received degrees from American River College, a community college in Sacramento, in general science, math and physical science, and foreign language studies.

Professors at the college didn't initially want him in their classes because of his age. But finally a professor agreed to let him attend if his mother, a doctor of veterinary medicine, also took the class. "There were times when I had to explain general relativity and special relativity to my mom," he said. Tanishq is a member of Mensa, the society for people with very high IQ's. He has always picked up knowledge quickly, his father, Bijou Abraham, said. "We had him tested for the first time when he was 4 years old and discovered that he was pretty smart," he said.



Adapted from the Amigoe Express, 2016

Text 9 My encounter with a grizzly bear

1 I live in Montana, USA, in the Yaak Valley. There are more bears than people in my 4047 km² valley – a lot of black bears and, amazingly, only about 20 grizzlies. I'm super happy when I'm able to spot a grizzly, or even its footprints and tracks. It's a privilege to realize you are sharing a forest with an animal so rare, special and beautiful. Once there were thousands of grizzly bears in Montana; now they are just hanging on by a mere claw.

2 Grizzlies can grow to be big – 600 pounds or more. It's easy to be frightened of them. However, the fear works both ways. They tend to run and hide if they hear, smell or see you coming – they're terrified of humans, and for good reason. We are the number one cause of their deaths. Famously, though, mother grizzlies will defend their cubs against any perceived danger, humans included.

3 After 30 years of hiking in the woods of Montana, I was almost attacked by a grizzly last summer. It was totally my fault. I accidentally encountered a young bear, who quickly ran up a tree. 'I hope there's not a mother bear with that young one,' I thought. For a few electric moments I waited for her to appear from the bushes and threaten me. Such charges are usually just to scare the intruder. When you drop to the ground, as experts

suggest, and curl into a ball and lie still, the mama bear is usually satisfied.

4 When no mother appeared, I was relieved. I watched the young bear, and then continued past him. He was stressed by my presence, and I did not want to anger him. I had taken only a few steps when the mother made her appearance after all – standing on her hind legs on the little hill above me, maybe 25 meters away. And then suddenly, she dropped to all fours and came running down the hill.

5 I don't believe in taking a pistol with me on a hike. I don't want to kill a bear. In the old days, women in the West carried umbrellas. If they encountered a grizzly, they would snap open the device. The bears would usually startle and run away. It still seems a good 'weapon'. I carry a can of pepper spray, however. So I sprayed at her when she was about 7 meters away – her long claws flashing and her dark eyes burning with what looked like fear and surprise, not anger. It worked. She stumbled back and followed her cub back up and over the hill from

which she had come. As a result, we still have 20 grizzly bears in the Yaak Park, not 19. Above all else, I'm very and totally pleased with that.



Adapted from an article by Rick Bass, nature writer and member of the Yaak Valley Forest Council, in American Way magazine, April 2017

Text 10 Boy swims to Alcatraz and back, breaking record

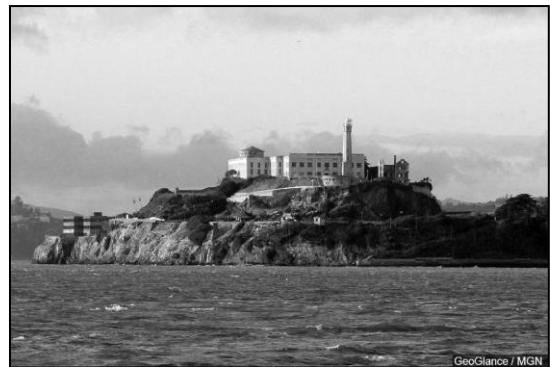
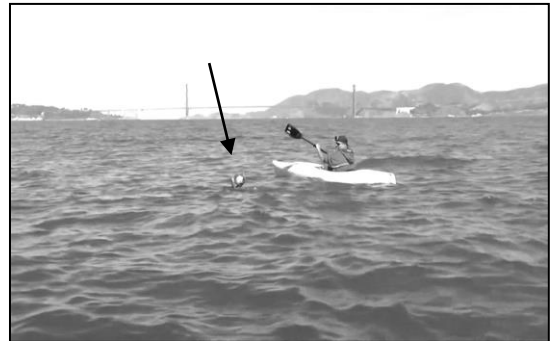
SAN FRANCISCO, A 9-year-old Central California boy defied strong currents and cold water to swim from San Francisco to Alcatraz Island and back.

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.

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.

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.

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