



**Bijlage VSBO PBL**

**2024**

tijdvak 1  
dinsdag 14 mei  
07.30 - 09.30 uur

**Engels**

Tekstboekje

## Text 1 Celebrating 15 years of Dutch pancakes

*It's hard to imagine how many pancakes the chefs at The Dutch Pancake House in Aruba must have flipped for their customers over the past 15 years.*

This year marks a special ...1... for The Dutch Pancake House. It is their 15th year at the Renaissance Marketplace in Oranjestad. But though they received the 'Best Breakfast in Aruba' award in 2014, it's interesting to note that when they first opened in 2004, they didn't even serve breakfast!

Pancakes in The Netherlands are eaten more often ...2... lunch and dinner. They are not like the American ones, which are relatively small, thick and fluffy. Dutch pancakes are ...3... (and sometimes even huge). Often they are served with savory toppings like bacon, salami or cheese, though the Dutch eat sweet pancakes, too, with sugar or jam, or a thick syrup called 'stroop'. They even have a tiny variation that is called 'poffertje'.

When the owners of The Dutch Pancake House began to realize that ...4... were in big demand with locals and visitors, they decided to offer the best of all possible pancake worlds. Once they began to also serve 'poffertjes' for breakfast, the restaurant's popularity really ...5....



In order to learn how to prepare Dutch pancakes, The Dutch Pancake House sent its local ...6... to Holland. There the chefs learned about techniques and specific kitchen equipment to obtain the best results. Of course, they also came back with all kinds of pancake ...7..., with sweet as well as savory toppings.

Today you can choose from dozens of pancake varieties at The Dutch Pancake House. There is even a sweet and savory ...8... on the menu that is very common in Holland: a pancake with apple, bacon and 'stroop'. It's a winner!

*Adapted from: Aruba Now, January 2019*

## Text 2 Chocolate

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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 3 The unlikely intruder

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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 4 What to do when iguanas fall from the sky

1 Green iguanas aren't native to South Florida, but they've made a home for themselves in the region. And who can blame them? It's usually warm, there are lots of trees, and – really, there's not much else these cold-blooded herbivores need in order to survive.

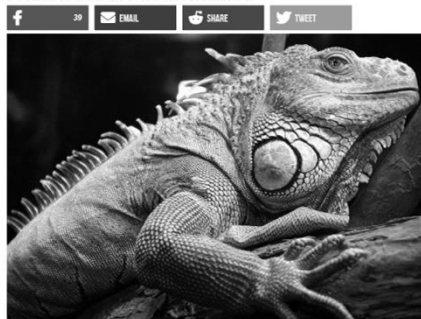
2 Unfortunately for them, last night was unusual: South Florida wasn't so warm, with temperatures approaching freezing. And as a result, if you live near Miami, Florida, there's a chance that, if you went outside before sunrise today, you saw something odd: iguanas falling from the sky.

3 In winter, the average daily low temperature in the Miami area dips to about 18 degrees Celsius, but every few years, you'll have a day or two that dip toward 5°C. When that happens, people tend to stay inside where heating systems can help out a bit and if not, there are blankets and hot soup to be found. Iguanas are not so lucky. And being cold-blooded, that's a problem: at temperatures that low, the iguanas 'freeze', and they tend to fall out of their trees. Sometimes people see dozens lying on the bike path after a major cold snap, or landed on their backs in people's back yards.

4 But don't worry too much about the iguanas. They do not need 'saving'! They're not dead, as the National Weather Service explains. Once temperatures rise, the iguanas will warm up and 'come back to life'.

5 So what do you do when iguanas fall from the sky? Answer: ...X... Even picking up a 'frozen' iguana is a bad idea; the reptile could become frightened and, as it warms, try to defend itself by biting you, like any wild animal. And it's best to not be attacked by a scared, half-frozen iguana. However, it may be a good idea to keep your hat on if you're walking under trees on a cold Florida day!

### NATIONAL WEATHER SERVICE ISSUES FALLING IGUANA WARNING

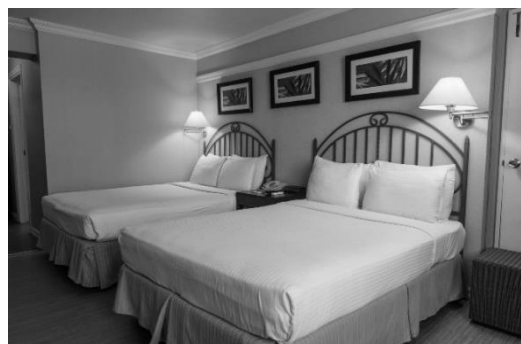


*Adapted from: nowiknow.com, January 2020*

## Text 5 The Paradise Court

The Paradise Court consists of 35 rooms and offers you a Caribbean ambiance with an array of colorful flowers, plants and trees in the courtyard.

The Paradise Court rooms are designed to provide you with a relaxing atmosphere. This medium sized hotel offers you deluxe rooms with 2 full-sized beds, family studios and family suites, and standard rooms with queen-sized beds.



### *Seasonal rates:*

- High season – December 15 – April 15
- Low season – April 16 – December 14
- Specials for Carnival period, certain holidays and other special events

### **The Paradise Court offers the following amenities:**

24-hour front desk	hot/cold water
AC in all rooms	kitchenette with dishware and utensils
ample parking space	minimarket
cable TV	restaurant
conference room	shuttle to the beach
daily maid service	surveillance
hair salon	telephone
high speed internet (Wi-Fi)	wake-up calls

*The Paradise Court*  
*# 11-15 Cotton Hill Road*  
*St. Clair, Trinidad*

*Contact us via email or visit our website*  
*info@theparadisecourt.net*  
*www.theparadisecourt.net*

*Adapted from: The Paradise Court information flyer*

## 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.

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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 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.

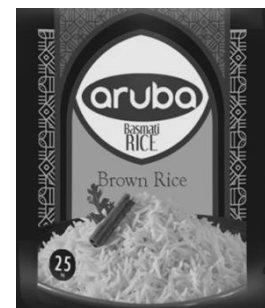
It's GREAT!

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 8 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 paddy. As the seedlings grow, they draw nutrients from the water, turning the paddy into a vibrant meadow of 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 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 rice.



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



## Text 9 It's break time



1        Meditating is one way to reduce stress, shattering a porcelain toilet into pieces is another – or at least that's the thinking behind the rise of rage rooms. In the past few years, more than fifty of these facilities have opened around the world, inviting unhappy people to pay a fee, put on safety goggles and destroy everything in their way to create their ideal place – all without having to tidy up afterwards. "It's like a reset button," says Anna Guiao, co-owner of *Sin City Smash* in Las Vegas. "Doing it, you feel a huge weight lift off your shoulders. It's a great way of letting go of what's bugging you."

2        The most popular offering at *Sin City Smash*, not surprisingly, is a room set up to look like a casino, to comfort people who've lost a big

amount of money. All the resulting waste, Guiao says, is recycled.

3        In Seattle, *Rage Industry* promotes a couple's option and allows customers to play their own songs over a Bluetooth speaker (death metal is a popular category) during their activities. There's a corner of bricks in each room to break glass, and guests can smash bathroom fixtures for an additional charge.

4        The correctly named *Tantrums*, in Houston, allow kids as young as 7 to try shatter stuff to see whether they like it or not. They have a party package that includes a DJ, lasers and a fog machine – one of the few items that guests are *not* allowed to smash.

*Adapted from: American Way, 2019*