

Bijlage VMBO-GL en TL

2018

tijdvak 1

Engels CSE GL en TL

Tekstboekje

Meralco: Unplug to save bags



Meralco, the Philippines' top supplier of electricity, aimed to show goodwill to its customers by educating them on how electric consumption works and how to read electricity bills.

Special bags that combined 'Electricitips' or information on how to save electricity and ways to practice smart electrical consumption were given away during Christmas bazaars and Meralco mall events.

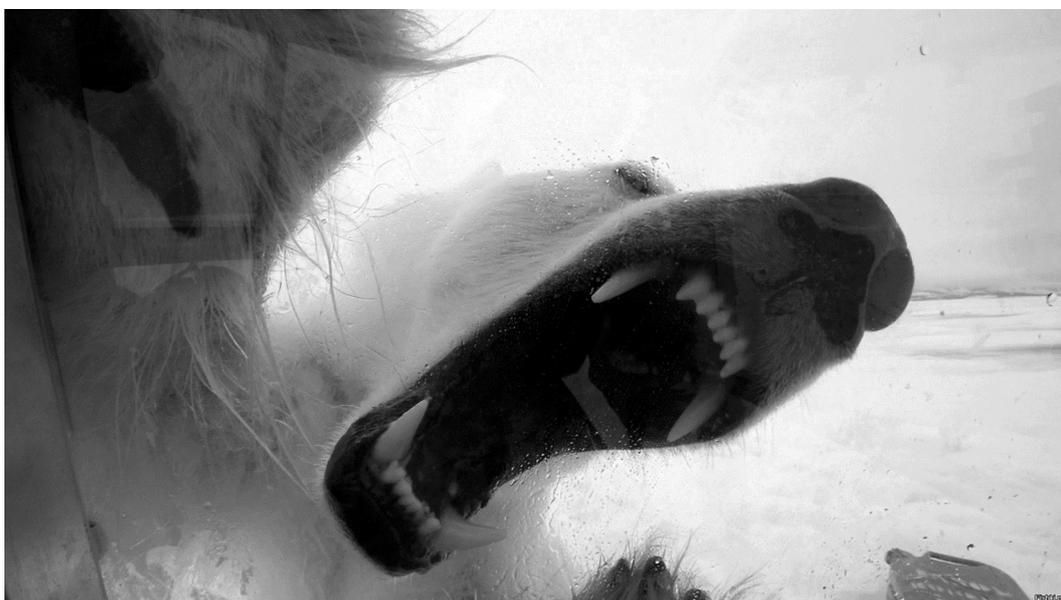
adsoftheworld.com, 2015

Polar bear sets its sights on cameraman

BBC cameraman Gordon Buchanan was shaken but not stirred by a terrifying encounter with a polar bear: thankfully his bulletproof Perspex hide was bear proof too. The filmmaker employed the portable hide – dubbed an ice cube – to record the polar bears at close quarters for his new documentary series *The Polar Bear Family and Me*.



“The aim wasn’t to have this terrifying encounter but to see these animals up close doing what they naturally do,” Buchanan told the BBC’s *Radio Times Magazine*. He had previously filmed tigers in Bhutan and brown bears in Minnesota, but said that his encounter with the 8ft polar bear was his scariest yet. “A lot of people think that carnivores are intrinsically dangerous but most aren’t. Polar bears are different. Without a doubt this female could smell me inside and wanted me for lunch. She was looking for a weak spot for almost 45 minutes. I was terrified.”



The mother bear was named Lyra by the film-makers, and her cubs Miki and Luca. The crew had to make long journeys over the ice to follow the bears into uncharted territory, often fleeing on snowmobiles when the giant predators came too close.

news.com.au, 2013

DID YOU SEE DANIEL?

Or did you look past him and carry on with your life?

Like many of the young people who come to Centrepont, Daniel is no stranger to being ignored. His stepfather used to lock him out of the house. His mother said she wished she'd never had him.



Daniel left home at 16 and fled to London, hoping for a better life. With no home, he spent his time walking around and riding around on buses. He was cold, hungry and grubby. Worst of all he felt worthless. Even when he eventually found a B&B, he did not feel safe.

While Daniel's story may sound shocking to you, many of the homeless young people who come to Centrepont have been through similar experiences.

By giving just 40p a day (£12 a month) you can get a vulnerable homeless person off the streets right now. You'll give them a room of their own and all the support they need to rebuild their life. They'll receive counselling to deal with their problems, career advice to help them into college or a job, and basic life skills, such as how to budget and pay bills. So, when they're ready to leave, they can live independently.

Many people don't give homeless people like Daniel a second glance, but today you can be the person who chooses not to ignore them. Thanks to someone like you, Daniel is now safe at Centrepont.

Sponsor a room at Centrepont

- **call 0800 13 80 473 or visit www.centrepontroom.org.uk**

What you'll receive as a Centrepont room sponsor

- A virtual recreation of your room online that you can log into using personal login details.
- A plan of your room and information about the young person currently staying in it, through the post.
- Regular updates about how the young person's life is changing.

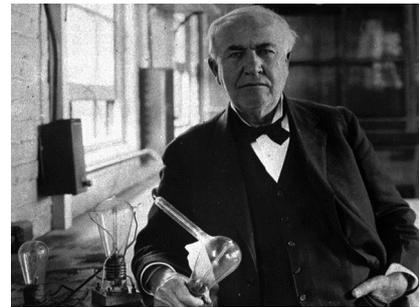
If you'd like to sponsor more than one room, please do. The more rooms you sponsor, the more young lives you'll change.



Failing Your Way to Success

adapted from an article by Peter Horne

- 1 Like millions of other English football fans, I experienced that all-too familiar sinking feeling when Luis Suarez put two goals in the back of the England net and sent our national team crashing out of the 2014 World Cup. Some criticism inevitably followed, but I was pleased to see the *Daily Telegraph* headline that stated “England manager Roy Hodgson sees a brighter future following elimination from 2014 World Cup finals.”
- 2 Failure is often seen as a dirty word, associated with negative experiences and bitter disappointments. Nobody wants to hear a driving examiner utter that word or wants to open an envelope of exam results that crush expectations and dreams. Yet should failure be viewed so negatively? Curious though it may seem, failure is often an integral part of succeeding. Contrary to popular perception, it can be an alternative route to success. The key is not whether we have succeeded or failed, but rather our 5 failure.
- 3 Thomas Edison, the inventor who held a world record of 1,039 patents, is said to have commented: “I never failed once, it just happened to be a 2000-step process.” If failure is viewed as personal defeat, generating negative thoughts about our abilities or identity, inevitably the biochemical response of our feelings will also be affected. Edison learnt many ways how not to achieve his goal, but he didn’t allow this repeated learning to discourage him. Instead he was spurred on to try new ways.
- 4 British athlete Sebastian Coe, who won several Olympic medals, said: “Winning is based on a pretty healthy, robust diet of defeat. You’ve got to learn how to deal with that, and smart people know how to build out of it and what they need to do to address those issues.” 7 it’s all about how you frame these events. If you view them as learning experiences, they will benefit you and provide a springboard from which to improve.
- 5 So next time unwanted circumstances threaten to derail your plans, remember to keep a healthy perspective and remind yourself that a dream is not just a desirable outcome, but also a journey with occasional bumps along the way.



Sorted, 2014

Digging for the money



- 1 Police are hunting thieves who dug a 50ft long tunnel under a mini-supermarket before stealing tens of thousands of pounds from a cash machine. In scenes reminiscent of the movie *The Great Escape*, the gang are thought to have spent months surreptitiously disposing of the dirt from the tunnel as they carefully dug towards the machine built into a Tesco Express store in Eccles, Greater Manchester.
- 2 The thieves used pick axes and shovels to excavate the tunnel, while supporting the roof with parts of the building's foundations. After reaching the cash machine they managed to smash their way inside and made off with a number of the store boxes containing an estimated £40,000 in cash. Greater Manchester Police said the complexity of the tunnel structure would have required a great deal of planning and may have taken months to complete.
- 3 However, it has emerged that their efforts may have been 10 as ATMs usually have security devices which explode if the machine is breached, covering the cash in bright coloured dye.
- 4 It is the second time thieves in the area have used a tunnel to gain access to a cash machine in a retail unit. Two years ago a gang excavated a 100ft tunnel, complete with lighting and ventilation, to make off with money from a machine at a Blockbuster shop eight miles away in Levenshulme. After that raid police estimated the thieves had spent as much as six months digging the tunnel from a railway embankment under a car park and beneath the shop.

5 Police refused to say how much was taken in this latest raid, other than to say it was a “substantial” sum, but most cash machines contain in excess of £40,000 when full. The gang struck in the early hours of last Friday morning, when the machine would have likely been full of money ahead of the weekend.

6 Police said they were appealing for anyone with information to contact them. Detective Superintendent Mark Toker of GMP said: “These people had obviously spent a long time plotting this crime and I doubt they would have been able to keep their plans secret for all that time, without telling others about their elaborate scheme. The offenders must have spent long periods of time in the area over the last few months, which people may have noticed. You may have seen people acting suspiciously on Friday night, possibly covered in soil.”

Daily Telegraph, 2014

What happened to the sparrows?

When I first moved into my house in Holloway in 1977 I considered house sparrows as pests to be grudgingly tolerated, owing to their predatory assaults on my primulas. This view shifted on a sultry summer afternoon when flying ants were appearing faster than I could swat them. A nearby flock of sparrows won me over with their aerobic skills in picking them off with pinpoint accuracy.



Now the number of sparrows in London is falling. There used to be a lot of neglected buildings in this area which provided very adequate nesting sites for the house sparrows. Spiralling house prices have changed that. The rise and rise of the grey squirrel population has resulted in a competition for food also leading to a disastrous decline in house sparrow numbers.

JOHN FERBANK
London N7

The iPaper, 2014

Sweet Sprouts

By **Sean Poulter**

- 1 No matter how you dress them up, Brussels sprouts are one Christmas tradition that many children could do without. Over the years, attempts have been made to improve the flavour, adding sweet glazes, chestnuts or pieces of smoked bacon, but in many, many cases to no avail. Now supermarket chain Waitrose has worked with growers in Yorkshire and Lincolnshire to develop sprouts that they insist are a .
- 2 According to scientists, children are not just being b when it comes to the knobbly sprout. Reluctance to wolf them down stems from survival instinct, as toxins tend to have a bitter taste, just like sprouts. Sweetness, on the other hand, usually indicates that something is safe to eat, which is why children adore biscuits, cakes and desserts. But there is a good reason why parents ought to urge their little poppets to eat Brussels sprouts: they have twice as much vitamin C per 100g as oranges, approximately 115mg as opposed to 54mg.
- 3 Amy Lance, Chief Sprout Taster at Waitrose says: “The humble Brussels sprout is a wonderful bundle of deliciousness, but so often overlooked by children or choosy eaters. The poor little sprout is often rejected by people both little and large alike due to its perceived c taste, so the supermarket giant has worked secretly with its farmers over the past year to create a milder flavoured sprout. We believe this variety will win over even the most ardent sprout haters. We hope it will get a massive thumbs up from children this Christmas and encourage them to ‘eat their greens’.”
- 4 Packs of the newly-developed sprouts will sell at £2.50 for 330g, which is not cheap when some stores will sell the d varieties at 99p per kilo. But some parents may yet find it is a price worth paying.



Daily Mail, 2013

The Grand National: They're off – but I'm lost for words

based on an article by Sarah Rainey



- 1 Aaand they're off! Aaand I've completely lost the power of speech. "Um," I stutter, squinting at the galloping mass hundreds of metres down below. "It's the second race of the day at Aintree and the horses are running ... really fast ... and they've gone over the first jump ..." I feel a sharp elbow in my ribcage. "Sorry – over the 'flight' ... and the red one's in the lead, with another reddish one – no, it's purple – just behind him..." I gabble incoherently, pointing out everything from the colour of the grass to the lovely hats worn by the female spectators. The man to my right buries his head in his hands.
- 2 Four floors above the Aintree racecourse, I'm standing in a tiny box, armed with binoculars and a microphone, being tutored by Simon Holt, Channel 4's master commentator. On Thursday, as crowds of 33,000 flocked to the opening day of the biggest race meeting of the year, he agreed to teach me the tricks of the commentary trade. He warns me he thinks I am not up to the job. I'm clearly living up to his low expectations of me.
- 3 "This job is not easy," insists Holt. "I still get nervous going into the big meetings, but you have to mask it and try to sound as calm as possible. The pressure of getting it right can be immense. It is an adrenalin rush but you have good days and bad days. That's the beauty of horse racing. It's very risky trying to pre-prepare lines because you have absolutely no idea what's going to happen."
- 4 As a commentator, the three days of the Grand National, the 175-year-old National Hunt race held in Liverpool every April, make up Holt's biggest audience of the year. But he appears utterly unflappable, before and during the race. Just minutes before Channel 4 goes on air, all he's got by way of notes is a tattered copy of *The Racing Post*, which he repeatedly flicks through before shutting his eyes and mumbling, trance-like, about reds and blues and greens. "Colours," he exclaims, "are the

absolute basics. You've got to know which horse is which just by looking, otherwise you won't be any good."

5 He hands me the card for my race, the Betfred Bowl Steeple Chase, which, thankfully, features only six horses. Still, I've got just half an hour to memorise their colours and names, which include mouthfuls such as "Houblon Des Obeaux" and "Silviniaco Conti". Distinctive features such as a white face or coloured blinkers can help tell them apart – and then it's all about clarity and diction. "You are communicating things to the audience so they must be able to understand," says Holt. "Also, there's the element of performance, where you raise your voice to supplement the excitement."

6 For big races, to ensure he doesn't mess up, Holt is accompanied by Nicky Leeson, his "spotter", who watches the horses on two screens in the commentary box, tallies the fences and whispers in Holt's ear if he's missed something. He needs this back-up because accuracy is essential as well.

7 Are there many female commentators? "Sadly not," he says. "The promoters did hold a competition recently to try to find some, but it was called the 'Filly Factor' and it was a bit naff. There are so many women who work in the business now, so I reckon it's only a matter of time. Though it does help to have a deeper, husky voice, it makes it easier to build up to a crescendo."

8 It's 2.30pm and my race is about to begin. Any last words of wisdom? "Keep up the rhythmic, continuous patter. And if you get it wrong, don't – whatever you do – stop. Remember that commentators are allowed to be 23: we're not robots in the box, so it's OK to make mistakes as long as you keep going."

9 Bang! It's started – and I mumble and mutter my way through six minutes of a race that I, quite frankly, don't understand. I can't tell which bit of the course they're on, how many jumps there are to go or even which one is in the lead. The horses are a blur, the jockeys blend into one and the roar of the crowd throws me off.

10 Holt has mentored many a young jockey, but says that, more than anything, he is pestered for tips. Holt says: "The trouble is that horses can't tell you if they're not feeling well or if they don't like the track or if they're going too fast. There are no guarantees." So which horse will he be backing this year? "Actually, I'm not much of a gambler," says Holt with a laugh, surveying the majestic scene below. "Why would I bother? I get to stay up here, enjoying the best seat in the house."

The Daily Telegraph, 2014

Harlesden, I presume

by Anna Maxted



- 1 When Rose Rouse moved to Harlesden, a deprived area in north London, 18 years ago, she felt “apprehensive”. Its immigrant communities – West Indian, Somali, Afghan, and Irish – kept largely to their little enclaves, and there was a reputation for gun crime. But rather than 26, she determined to go out and make friends.
- 2 Armed with little more than a cackling laugh and infectious enthusiasm, Rouse approached strangers in the street, asking if they knew the whereabouts of an old landmark, the Willesden Hippodrome. “It was a ploy to chat and to ask questions you never usually get the chance to ask,” she says. And she discovered a heart-warming truth: that if you approach with an open spirit, people come out to you.
- 3 After various schemes – sitting under the famous Jubilee Clock with a sign reading “Talk to me” and organising a dance-fest in the streets with six friends in evening gowns – Rouse hit on the idea of inviting residents, including documentary maker Louis Theroux and comedian Alexei Sayle, to walk through Harlesden with her and chat about their lives. Her journeys of discovery will be published in a book, *A London Safari: Walking Adventures in NW10*.
- 4 “Harlesden is a colourful, wild cacophony,” says Rouse. “It’s dirty and gritty, and has this untamed air.” There are wig shops, grocery stores with

piles of plantains, Portuguese bakeries and Brazilian cafés. We pass Hawkeye Records, the reggae store that also sells bread, and there is a shop that sells “spray for de-demonising your house”.

- 5 Many residents, such as Leroy Simpson, have lived here all their lives. He is chair of Harlesden Town Team, which is a residents’ group that tries to improve the area. Among their achievements are the building of “pocket parks” with allotments where people can grow their own vegetables and playgrounds for children. Simpson’s parents fled Harlesden 15 years ago, but on a recent visit, he says, “they felt different”.
- 6 “They’ll be wanting to move back,” says Rouse. “If they can afford it,” says Simpson. “I just saw the first £1.5 million house get sold.” Rouse isn’t pushing for a posher neighbourhood: she just wants to make Harlesden friendlier. Simpson says: “Because we keep ourselves to ourselves, we’ve become isolated. We want to encourage people to come out into the community. We have a chance to rekindle all the good neighbourly stuff we used to do for each other.”

The Sunday Telegraph, 2014

The Shark is in the water

Long-distance swimmer Jim Dreyer, who calls himself “The Shark,” jumped into Lake St Clair near the Michigan-Canada border to begin what he hopes will be a 35-kilometre success story – all while hauling a ton of bricks. And he’s swimming solo without a support boat.

A 35km swim across Lake St Clair is like a dip in the water for a guy who has direct crossings of all five Great Lakes under his swim belt. That is why Dreyer is carrying two dinghies filled with 334 bricks. At a weight of 2.75 kilograms per brick, the motivational speaker from Byron Centre, Michigan, is towing more than 900 kilograms behind him. Dreyer calls it his “train of pain.”



After his crew of three loaded up the dinghies with bricks, food, drink and other essentials for the trip, Dreyer waded out into the waters off of the Clinton River Boat Club in Clay Township near Algonac. He donned his wetsuit, took a group photo and the crew affixed the dinghies to Dreyer’s ankles. He then looked in the distance, gazing at the Renaissance Centre towers that comprise General Motors’ headquarters. “Towards Detroit,” he said, before hitting the water to the delight of the onlookers who had gathered to see him get started.

The soon-to-be-50-year-old hopes to come ashore 30 hours later at Detroit’s Belle Isle to greet fans, well-wishers and representatives of Habitat for Humanity, the charity that will benefit from Dreyer’s latest swim.

Dreyer has been preparing since October, doing strength training, completing 32km swims and at one point towing a 2700kg boat in the water. Water temperatures are expected to remain in the 20-21 degree Celsius range, which pleased Dreyer, and he’s hoping the weather remains calm. “If anyone on this planet can do this, it’s me,” Dreyer said with a smile. He’s been in tough situations before, overcoming high waves during his 96km crossing of Lake Superior and falling ill, vomiting repeatedly and dropping 9kg while swimming across Lake Huron.

International Herald Tribune, 2013

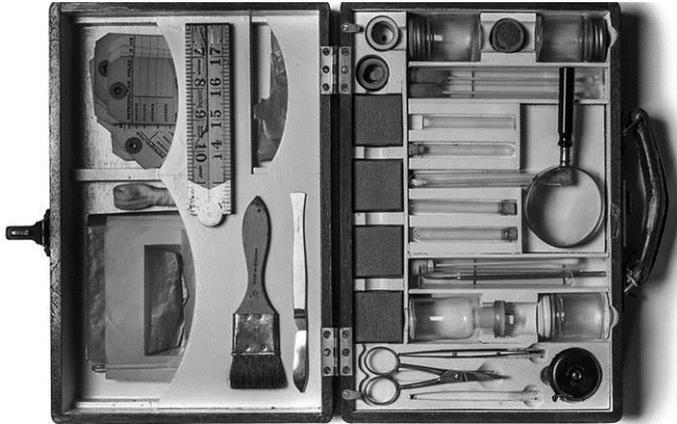
Children and cheap don't add up

adapted from an article by Joanna Moorhead

- 1 Hands up if you'd like a three-day weekend? Or a six-hour working day? Or a cheaper holiday? There are polls 35, even before someone sets up the e-petition to check; so it can only be one of those feather-knocking-over moments to hear that about 170,000 Britons have put their names to a call for holiday companies to cut their prices in high season. The petition condemns firms for cashing in on school holidays. In its wake, education secretary Michael Gove has suggested a cut in air passenger duty to reduce travel expenses for families.
- 2 Air passenger duty or no air passenger duty: it's going to be cheaper to holiday in term time, when demand is lower, than in school vacations, when everyone wants to be away. So even if the cost is shaved a bit, some parents will still choose to take their kids away when they should be in the classroom.
- 3 The bottom line is, we all have to make choices – and when you're a parent, you've already made one big choice, which has as a consequence that from here on you'll have to shell out a lot more cash, and your life will be a lot less convenient for many years into the future. As a mother of four I can honestly say there are many silver linings to family life, which really is a joy and a privilege: but I fear cheap holidays will never be among them.

The Guardian Weekly, 2014

Exhibition of Previously Unseen Police Artefacts



The city's most inaccessible museum must surely be The Crime Museum, a macabre collection of evidence and criminal tales which was created in 1875 but has only ever been open to police professionals and invited guests. Now we can all get a glimpse of the gory details, though, as its most fascinating exhibits will be on display at the Museum of London. This exhibition reveals previously unseen details and secrets from real-life high profile crimes such as the Acid Bath Murderer, the Great Train Robbery and the Millennium Dome Diamond Heist. Visitors will also find out more about the challenges the police face while trying to keep London legal.

The exhibition's curators have successfully avoided sensationalism and the exhibition's methodical design is excellent, inviting you to focus carefully on each of more than 20 individual cases as well as themed sections on topics including terrorism, counterfeiting, espionage, and the challenge of distinguishing a real firearm from a replica. But the relentless succession of sad stories and objects used to cause harm is quite hard to take. 39, these are all cases the Met¹⁾ has successfully solved and many have triggered an important development in policing the capital or the detection of crime.

There's a particularly imaginative programme of themed events to accompany the exhibition's run; places are bound to go fast so it's worth booking early.

timeout.com, 2015

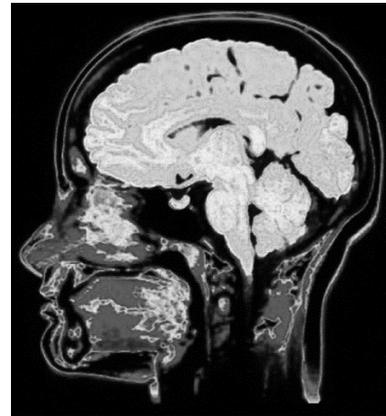
noot 1 the Met = the metropolitan police: de politie van Londen

Dread is worse than pain

‘When people are offered a reward, they prefer to have it as soon as possible, which could be interpreted to mean that we rate future experiences as less important when we’re making decisions. This reasoning would suggest that you would put off unpleasant things to the future as well. We found that this isn’t the case for most people,’ said lead researcher Dr Giles Story, from Imperial College London.

In his study, 35 participants were asked to choose between electric shocks of increasing intensity. In 71 per cent of tests, people chose to have the pain earlier, even though that meant a more painful stimulus. Similar results were found when volunteers had to choose between imagined dental appointments involving different levels of pain.

‘If pain can’t be avoided, most people choose to get it out of the way sooner, even if that means the pain is worse. One explanation, termed ‘dread’, is that anticipating pain is unpleasant or disadvantageous, rather like pain itself. Human brain imaging studies support the existence of dread.’ Dr Story added: ‘This might make sense if anticipating pain stops you from doing things well or enjoying yourself.’



‘The findings would also suggest that the same principles could be applied to deadlines or other ways of making something inevitable. It is more likely to result in you choosing to get it out of the way, even if it is something you are dreading,’ said Dr Story.

dailymail.co.uk, 2013

Ask Ed The Sock



Faze Reader:

My new girlfriend lets her dog slobberkiss her all over her lips and face. It is absolutely disgusting! Later when she wants to get 'friendly', I keep thinking about the dog thing and it bothers me. What should I do?

ED REPLIES:

First of all, you should know that a dog's mouth actually has less bacteria and stuff than a human's mouth, so if anyone should be disgusted by your girlfriend's kisses, it's the dog. But look at it this way – dogs give very wet and sloppy kisses, so by comparison, you must seem like the world's greatest kisser. As long as the dog gets the kissing and you get the petting, I wouldn't worry.

faze.ca, 2014