

TAREA 1

WHAT IS THE MEDITERRANEAN DIET?

ANSWER BOX

GAP	WORDS
0	<u>Throughout the world</u>
1	Equal to
2	beans
3	Salad
4	Butter
5	Fish
6	Once or twice
7	Red wine
8	Five
9	Subscribe to

TRANSCRIPTION (*What is the Mediterranean diet?*)

International experts agreed that Mediterranean Diet is what is up when it comes to cardiovascular health.

The Mediterranean Diet has been studied exhaustively throughout the world (0) and high level research shows that the **impact of the Mediterranean Diet on cardiovascular health, heart attack, stroke, cholesterol and blood pressure is equal to or better than the outcomes based on taking medications (1)** called the statins like Lipitor or Zocor.

So what is this... this magic diet and why do I need to do to reap its benefits? Good it focuses very much **on fruits, vegetables, nuts, beans, grains, seeds, and alike. That is kind of the... that is kind of the foundation (2)** of the Mediterranean Diet.

It also utilizes what is called monounsaturated oils as a component of salad dressings, cooking and so forth (3). What are monounsaturated oils? Things like olive oil, canola, safflower and sesame seed make up the monounsaturated oils. So you can utilize those to improve... to improve outcomes **instead of using butter on your bread use a little monounsaturated oil, olive oil, canola oil alike (4)** perhaps with a bit of spice in it to make it more flavourful. That would substitute for butter.

Fish and poultry are central to the Mediterranean Diet (5), especially fish so it is recommended to eat regularly fish as well as poultry.

Red meat... once or twice a month no more (6) I can have that cheese burger weekly but nonetheless the Mediterranean Diet is... prescribes red meat only once or twice per month a 0,2-4 times per week.

Here is the good news red wine is a component of the Mediterranean Diet (7). So, if you like red

wine that's one thing you could say it would be good to go with this regimen. When it comes to red wine **women are considered to consume 5 ounces of red wine daily on a regular basis (8)** men 10 ounces of red wine daily on a regular basis. That's healthy and that's a component of the Mediterranean Diet.

This is Dr Jim for "Be healthy, be happy". Take care of your heart, exercise most days per week, eat the Mediterranean diet, keep your weight light, power your path to happiness and the health, and **subscribe to "be healthy be happy" with Dr Jim on youtube (9)**.

(<https://www.youtube.com/watch?v=M6AUA-5zVwI>, 07/05/2019, 3:00)

TAREA 2

LEARN TO READ, SPELL AND PRONOUNCE ENGLISH INSTANTLY WITH FREDERICK READING APP - LAUNCH

ANSWER BOX

QUESTION	0	1	2	3	4	5	6	7	8
ANSWER	A	A	B	A	C	C	A	A	A

TRANSCRIPTION (*Learn to read, spell and pronounce English instantly with Frederick Reading App - Launch*)

Millions of children and adults struggle to read because traditional literacy programmes can be confusing painfully slow and require an instructor or parent who can teach so we created **a world's first tool anyone can use to teach themselves (0)** to read and spell with the spin of a wheel!

Introducing Frederick, the world's first Instant Reading App, coming soon to iOS and Android devices! Let's take a quick tour to see how the magic happens.

First, **there are no instructions or "system" to learn before using the app (1)**, so speakers of any language can teach themselves to read and understand English using Frederick! You just tap "play" and select your level. **Frederick teaches over 2.000 letters, sounds, words and sentences (2)**, so you can go from "A" to "apocalypse", step-by-step, all in one app! But, for now, we'll just look at level 3. **You teach yourself through exploration and feedback (3)**. Simply tap letters to hear their sounds (/Kat/ cat) and make different letter combinations (bud, bug, bun) to discover how to read and spell correctly, without memorizing any rules (bib, bit, sit)! This makes what you **learn a lot easier to remember so you build your skills faster (4)**, and it's also perfect for improving listening and pronunciation (cat, cap, can, cam)! Then test your reading, spelling, listening and comprehension with **fun games (5)** (fig, cat, ran- fig, tub). Win to prove you've master the lesson, and unlock the next level (lop)!

Whether **a two-year-old just starting to read, or an adult (6)** English learner wanting to sound more native anyone can learn with Frederick their way, and **improve instantly (7)**!

To learn more, and be the first to try Frederick, click on the link in the upper right of this video, or on the link in the description below this video. Please like this video if you support our mission, and share it with anyone you know who **wants to help others become confident readers (8)**. Thanks so much so watching!

(<https://www.facebook.com/FrederickReadingApp/videos/409752416466129/>, 18/02/2019, 2:57)

TAREA 3

COOL SCULPTURES YOU WON'T BELIEVE THEY ACTUALLY EXIST

ANSWER BOX

FRAGMENT	0	1	2	3	4	5	6	7	8
TITLE	J	D	A	B	K	F	H	G	E

TRANSCRIPTION (*Cool sculptures you won't believe they actually exist*)

Incredible sculptures!

0. /J. THEY ARE HIPPOS ON THE GROUND

Thinking outside the box heading on over to the Taipei Zoo where you will not only have the live animals as a major attraction but also these beautiful hippos popping out from the ground.

1./D. IT IS A 35 FOOT HIGH SPIDER

Mother or maman which is the French word for mother. It's the name of the 35 foot high spider that was erected outside the Tate Modern in London it was made from steel to represent Louise Bourgeois industrious mother it was arrested in 1999 and has been created many times since.

2. /A. IT INDICATES THE WEIGHT OF BOOKS

Imagination has no limit. This is not something to be worried about. It's known as the sinking building and you find it outside the State Library in Melbourne it's made to indicate the weight of the books being so severe it sank the library.

3. /B. IT IS A WOODEN SEAHORSE

Reduce, Reuse, Recycle... This beautiful Sea Horse was created by Jeffro Uitto, who collected the pieces of drift wood, and affirms that no live trees were hurt during his art process. His business is called Knock on Wood, and he is from Washington.

4. /K. IT SHOWS FAIRIES DANCING

Letting Go... There is something so ethereal about these wire sculptures created by Robin Wright, a UK Based artist. They are of fairies dancing in the wind, and some are very small and others life-like. They are formed in dramatic poses, and all have dandelions or a part of nature with them.

5. /F. IT IS MADE OF OLD BOOKS

The Power of Books... It's incredible how art can be created from anything, and this amazing sculptor was put together by Mike Stilkey. He uses old books that are going to be recycled and creates these beautiful pieces with coloured pencils, ink, lacquer and paint.

6. /H. IT REPRESENTS A WATER SPIRIT IN THE SHAPE OF TWO HORSES

Perfection Takes Time... This installation is known as the Kelpies, and too Andy Scott 8 years to put together. They are 100 feet tall, and the inspiration behind them is the legend of a water spirit that takes the shape of horses. The sculptors are the entrance to the Forth and Clyde canal in Scotland.

7. /G. IT IS THE SCULPTURE OF A GHOST

Are you brave enough? One of Lithuania's most celebrated statues is the Black Ghost found in Klaipeda. Visit this statue on a dreary rainy day, and it will leave you a bit spooked for the rest of the day. Legend says if you befriend the statue, you will have fortune and riches to follow.

8. /E. IT IS MADE OF CHEWING GUM

Follow your art... As I said earlier – it's amazing what people use to create art. Maurizio Savini uses chewing gum to create some very realistic sculptures, but he really doesn't like it when people ask him if he chewed every piece! He has t assistants that melt the gum down, ready for his creative use.

(Adapted from <https://www.dailymotion.com/video/x5tlq0s>, 2017, 3:10)