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Методичні рекомендації та навчальний матеріал для
самостійної роботи здобувачів першого (бакалаврського) рівня
вищої освіти усіх ОПП та спеціальностей МНАУ
денної форми здобуття вищої освіти

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Укладач:

К. В. Тішечкіна – канд. філол. наук, доцент кафедри іноземних мов, Миколаївський національний аграрний університет

Рецензенти:

Т. О. Мороз – канд. пед. наук, доцент кафедри германської філології, Національний університет кораблебудування імені адмірала Макарова;

Т. А. Ганніченко – канд. пед. наук, доцент кафедри іноземних мов, Миколаївський національний аграрний університет.

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Передмова

Методичні рекомендації та навчальний матеріал для самостійної роботи здобувачів першого (бакалаврського) рівня вищої освіти усіх ОПП та спеціальностей МНАУ денної форми здобуття вищої освіти забезпечують навчальний матеріал для вивчення модулю «Публічна сфера».

Мета даних методичних рекомендацій – забезпечення розвитку мовних та мовленнєвих навичок здобувачів вищої освіти з тем, передбачених навчальною програмою з іноземних мов рекомендованою Міністерством аграрної політики України та підготовка здобувачів вищої освіти до складання іспиту з англійської мови.

Рекомендації складаються з 10 навчальних текстів та розраховані на 30 год. (1 кр.) самостійної роботи. За кожну тему студент може отримати від 3-5 балів, що передбачено навчальною програмою з іноземних мов.

Методичні рекомендації є збіркою завдань до аудіо матеріалів для отримання додаткової інформації, яка доповнює навчальний посібник «Англійська мова» фактичним матеріалом.

Методичні рекомендації розроблені згідно до вимог типової базової програми. Запропоновані тексти забезпечують швидке й ефективне засвоєння студентами лексичного матеріалу.

Для підготовки методичних рекомендацій використовувались матеріали з новітніх підручників, автентичних джерел та періодичних видань.

Робота з даними методичними рекомендаціями допоможе здобувачам вищої освіти у вдосконаленні та подальшому розвитку

знань з іноземної мови, набутих під час навчання в університеті та в процесі різних видів мовленнєвої діяльності. Дані методичні рекомендації можуть бути використані на курсах з англійської мови для підготовки до міжнародних іспитів, бакалаврами всіх напрямів підготовки.

CALL CENTRES: ARE YOU TALKING TO AI?

https://www.bbc.co.uk/learningenglish/english/features/6-minute-english_2024/ep-241219

Phil

Hello. This is 6 Minute English from BBC Learning English. I'm Phil.

Pippa

And I'm Pippa. Have you ever phoned up a company and had your call held in a queue? If you have, then you've probably heard messages like this:

AI call agent

Hello. Your call is important to us. You are number 89 in the queue. If you'd like to continue to hold, press 1. If you'd like to return to the main menu, press 0.

Pippa

How do you feel when your phone call is put on hold, Phil?

Phil

Oh, frustrated usually, although I do like it when there's a number saying how many people are in front of you. That's good.

Pippa

Well, when your call is finally connected, it's usually a call centre worker you'll speak to – a real live person who'll hopefully fix your problem. But increasingly, this work is now done using artificial intelligence, or AI. And this is causing problems in countries like India and the Philippines, where call centre jobs make up a big part of the economy.

Phil

In this programme, we'll be asking who's really in charge at the call centre: humans or AI? As always, we'll be learning some useful new vocabulary. And remember you can read along with the programme, and find the list of new words and phrases, by visiting our website, bbclearningenglish.com.

Pippa

But now I have a question for you, Phil. Around the world, numbers of call centre workers have grown rapidly in recent years. If you're listening to this, maybe you're a call centre worker yourself. So, approximately how many people work in call centres globally, Phil? Is it:

- a) 7 million?
- b) 17 million? or,
- c) 27 million?

Phil

I think b) 17 million.

Pippa

OK, well you'll have to listen to the end to find out the answer. Now, one worker worried about the impact of AI on jobs in the Philippines is Mylene Cabalona, president of the call centre workers' union, B.I.E.N. Here, she tells BBC World Service programme, 'Tech Life', about some of the difficulties of her job, and why she fears for the future:

Mylene Cabalona

So, and this person is quite already aggravated, and he keeps on **yelling** and that's the, **you know**, that's the difficult part because the mental stress also... **you know**, you have to **pacify** the client, and you have to make sure you're able to resolve the concern. And then the difficult part on that conversation is that you're being monitored by an AI.

I mean, eventually AI would replace... us. It's going to displace workers... **you know**, eventually, **in the near future**. Even, **as a matter of fact**, there's been a study that says that about 300,000 workers or around 27% of workers that's going to be displaced because of AI, and that's slowly happening.

Phil

Call centre work involves dealing with customers who've phoned up to complain. They're often angry, aggravated and **yelling**, or shouting, down the phone. It's Mylene's job to **pacify** them, to calm them down.

Pippa

If that wasn't stressful enough, Mylene's conversations are monitored by AI systems to see how well she fixes her clients' problems. You might think AI was built to support workers like Mylene, but she fears AI will replace her **in the near future**, a phrase meaning 'very soon' or 'within a short time'.

Phil

Mylene emphasises her fears about being replaced by giving details about a study she read, which claimed that 27% of workers will be displaced by AI. She uses the phrase, **as a matter of fact**, to emphasise what she's saying, and to give more detail as evidence to support it.

Pippa

But Mylene thinks AI will never fully replace humans. She says AI lacks one important quality, empathy. Here, she explains more to BBC World Service's, 'Tech Life':

Mylene Cabalona

Well, I don't think AI is, you know, **empathetic**, or... whenever they talk, I mean if ever a machine or a robot talks to them, **you know**, people are more compassionate than, **you know**, when you talk to a robot.

Phil

Mylene says that AI is not **empathetic**. Unlike humans, it can't put itself in someone else's place and share their feelings or experiences.

Pippa

If you listen carefully to Mylene's speech, you'll notice she says, "**you know**", a lot. Phrases like, "**you know**", "um" and "ah" are called filler words and are used to give the speaker time to think, or to express uncertainty. Right, I think it's time I revealed the answer to my question, Phil. I asked you how many call centre workers are there globally.

Phil

And I said 17 million.

Pippa

Which is the right answer. OK, let's recap the vocabulary we've learned in this programme, starting with **yelling**, another word for shouting.

Phil

To **pacify** someone means to calm them down when they're angry.

Pippa

In the near future means very soon, or within a short time.

Phil

The phrase, **as a matter of fact** is used to add emphasis to what you're saying, to give more detail about what you've just said, or to introduce something that contrasts with it.

Pippa

If you're **empathetic**, you're able to put yourself in someone else's position and share their feelings or experiences.

Phil

And finally, filler words like 'um', 'ah' and '**you know**' give the speaker more time to think, or to express uncertainty. Once again, our six minutes are up, Bye!

Pippa

Bye!

Vocabulary

yelling

shouting

pacify (someone)

calm down someone who is angry

in the near future

very soon, within a short time

as a matter of fact

used to add emphasis to a statement, to give more detail about what has just been said, or to introduce something that contrasts with it

empathetic

able to put yourself into someone else's position and share their feelings or experiences

you know

(filler word) used to give the speaker time to think, or to express uncertainty

I. True or False:

1. Pippa and Phil are hosts of a BBC Learning English programme called 6 Minute English.
2. Phil enjoys being kept on hold during calls to companies.
3. Mylene Cabalona believes that AI lacks empathy compared to human call centre workers.
4. According to Mylene, 17% of call centre workers will be displaced by AI.
5. Filler words like "you know" and "um" are used to indicate certainty during conversations.

II. Answer the Questions:

1. Why is Mylene Cabalona worried about the future of call centre work in the Philippines?
2. What task does Mylene have when dealing with aggravated customers?
3. What phrase does Mylene use to emphasise her statement about AI replacing workers?
4. Why does Mylene believe AI cannot fully replace human call centre workers?
5. How many call centre workers are there globally, according to the programme?

III. Reflection:

1. Discuss the impact of AI on job roles such as call centre work. How might AI improve or disrupt this industry?
2. Why is empathy an important skill for call centre workers? Can AI ever fully replicate this skill?
3. How do filler words such as "you know" and "um" affect communication? Are they beneficial or detrimental in customer service conversations?

CAN YOU TRUST ANCESTRY DNA KITS?

https://www.bbc.co.uk/learningenglish/english/features/6-minute-english_2024/ep-241205

Neil

Hello. This is 6 Minute English from BBC Learning English. I'm Neil.

Beth

And I'm Beth.

Neil

Nowadays, it's popular to find out more about your family history by tracing your **family tree** – a diagram that shows all the members of a family over a long period of time. What do you know about your family history, Beth?

Beth

Well, my Mum actually did our family tree, and she found a lot of our ancestors had emigrated to the United States. But, yeah, I don't know much more than that. What about you?

Neil

Well, I'm lucky to have an unusual surname, so it's quite easy to trace my ancestors and somebody in my family has gone back to 1700 and found somebody with my name.

Beth

Wow, that's amazing. Well, the internet has made it easier to find the historical records needed to research your **ancestry** - the origins of your family. But what if you want to find out about a time before historical records began? Luckily, some companies now offer to trace your ancestry using DNA.

Neil

DNA is the cellular information that's passed down from parents to children telling the body how to create life. Listener, Chris, from the UK, recently took a DNA ancestry test. When the test returned some unexpected results, Chris called BBC Radio 4 programme, Sliced Bread, wondering how accurate they really were:

Listener Chris

Not so long ago I sent off a home DNA testing kit and the results that came back were broadly in line with expectations, but it had some little glitches in there which made me think, is this accurate? Or is it to be **taken with a pinch of salt**?

Beth

Chris wondered whether his results were accurate, or whether to **take them with a pinch of salt**, an idiom meaning to doubt something is completely true. So, in this programme we'll discuss how accurate DNA ancestry tracing is, and, as usual,

we'll learn some useful new words and phrases. And remember, you can find all the vocabulary for this programme on our website, bbclearningenglish.com.

Neil

First though, I have a question for you, Beth. One reason to be cautious about DNA ancestry tests is that humans are very similar to each other. Most of your DNA is identical with every other person on earth, and it's only the tiny amount of difference that accounts for all genetic variations between humans. So, exactly how much DNA do humans share with each other? Is it:

- a) 79.9%?
- b) 89.9%?, or
- c) 99.9%?

Beth

I am going to guess 99.9%.

Neil

OK. well we'll find out the answer later in the programme. Another problem for research based on DNA is agreeing on the meaning of words like 'ancestry' and 'ethnicity'. Here, genealogist, Louise Baldock explains the difference between these words to BBC Radio 4 programme, 'Sliced Bread':

Louise Baldock

So 'ancestry' is really about people, it's about your actual **forebears**. Your '**ethnicity**', you would probably think of in geographical terms, maybe which continent or which region your 'people' came from.

Beth

Like 'ancestors', the term **forebears** means actual people - the relatives in your family from a long time ago. But Louise is more interested in the term, **ethnicity** – the shared culture, language and traditions of a group of people – and this is closely connected to a geographical location.

Neil

And it's this question of geography which interested BBC presenter, Greg Foot. Greg sent DNA samples to two different companies. The results from the first company matched what he already knew about his family, that the past five generations came from England. But listen to what happens when Louise Baldock revealed the results of Greg's second DNA test on his BBC Radio 4 show, Sliced Bread:

Louise Baldock

It's going to **blow your mind!** [OK]. Can I tell you what you're looking at?

Greg Foot

Yes, please do.

Louise Baldock

It says that you are, first of all, 66% north and west Europe, but explicitly that doesn't refer to the United Kingdom.

Greg Foot

OK, that's a wide geographical area.

Louise Baldock

27.5% Irish, Scottish and Welsh, but again, explicitly not English.

Beth

The second company's DNA test **blows** Greg's **mind** – it makes him very excited and surprised. There's no evidence of his ancestors being English at all!

Neil

Actually, companies compare DNA with other samples in their database, and since companies use different databases, it's not too surprising that Greg's results were so different – unlike his actual DNA.

Beth

Speaking of which, what was the answer to your question, Neil?

Neil

I asked you what percentage of human DNA is shared by everyone, and what was your answer, Beth?

Beth

I said 99.9%.

Neil

Well, you must be very clever, because the answer is correct. Well done! Right, let's recap the vocabulary we've learned starting with **family tree**, a diagram showing all the members of a family

Beth

Ancestry refers to the origins of a family.

Neil

If you **take something with a pinch of salt**, you don't believe it's completely true.

Beth

Forebears are relatives who lived in the past.

Neil

Ethnicity means the social, cultural and linguistic characteristics shared by a group of people.

Beth

And finally, if something **blows your mind**, it makes you excited or surprised. Once again our six minutes are up, but why not head over to the BBC Learning English website where you'll find a worksheet and quiz especially for this programme. See you there soon!

Neil

Goodbye!

Vocabulary

family tree

diagram that shows all the members of a family, usually over a long period of time, and how they are related to each other

ancestry

the origins of your family; your ancestors who lived a long time ago

take (it) with a pinch of salt

do not believe that something is completely accurate or true; be doubtful or sceptical about something

forebears

relatives who lived in the past

ethnicity

social, cultural and linguistic characteristics shared by a large group of people

blow your mind

be extremely exciting or surprising

1. Fill in the blanks with the appropriate words from the list below:

[family tree, ancestry, forebears, ethnicity, blow your mind, pinch of salt]

1. Neil explained that ... research has become easier with the internet, allowing people to explore their family's origins.
2. Beth's mother traced their ... and found ancestors who had emigrated to the United States.
3. Greg's DNA test results would ... as they contradicted what he thought about his English roots.
4. Louise Baldock clarified that ... refer to actual relatives from a long time ago. Companies may interpret DNA differently, so people are advised to take their

results with a

5. ... describes shared cultural, social, and linguistic traits among groups of people.

II. Arrange the sentences in the correct order:

1. Listener Chris questioned the accuracy of his DNA test results after noticing some inconsistencies.
2. Greg sent DNA samples to two companies and compared their results.
3. Neil explains that humans share 99.9% of the same DNA.
4. Louise Baldock clarifies the difference between "ancestry" and "ethnicity."
5. The second company's test results revealed Greg's ancestry was not linked to England.
6. Beth successfully answers Neil's question about the percentage of shared human DNA.

III. Discussion Question:

The text raises questions about the reliability of ancestry DNA tests. Do you think DNA testing companies provide trustworthy information about family history and ethnicity? Share your thoughts on the idea of taking DNA results "with a pinch of salt" and the role these tests play in shaping personal identity.

WHY YOU NEED A GOOD NIGHT'S SLEEP

https://www.bbc.co.uk/learningenglish/english/features/6-minute-english_2024/ep-241031

Georgie

Hello, this is 6 Minute English from BBC Learning English. I'm Georgie, and we're ready to start, Phil... Phil?!

Phil

Oh, sorry, Georgie, I was er, just, **catching forty winks...** you know, **getting some shut-eye, dozing, taking a nap...** I was sleeping!

Georgie

Sleeping at work! Phil, how could you?

Phil

I know, I know. Sorry, I... I didn't sleep well last night.

Georgie

I'll forgive you this time, but make sure you go to bed early tonight because getting a good night's sleep is incredibly important. For example, did you know that people who get enough sleep live about five years longer than people who don't?

Phil

Wow, so a good night's sleep can lengthen your life. In this programme, we'll be finding out more about the benefits of sleep, and, as usual, learning some useful new vocabulary as well.

Georgie

But first, now that you've woken up, I have a question for you. Do you know how much of the average person's life is spent asleep? Is it:

- a) a half?
- b) a quarter? or,
- c) a third?

Phil

Hmm, I think we spend about a third of our lives sleeping.

Georgie

OK, well I'll reveal the correct answer at the end of the programme. The question of why humans sleep is not easy to answer. In terms of evolution, why would it make sense to go unconscious every night, leaving yourself vulnerable to danger? It can only mean that the benefits gained from sleep are huge. Here, science journalist, Ginny Smith, explains some of these benefits to BBC Radio 4 programme, Inside Science:

Ginny Smith

So we've probably all experienced this, that if you've had a bad night sleep and then you try and do some work you just can't concentrate - your brain isn't in the right state to **take in** new information. But we also need to sleep after we've learnt new things because that's when our brain consolidates the information - takes it from short-term storage to long-term storage, fits it in with other things we already know, that old adage of if you've got a problem **sleep on it**, your brain does actually work on things during the night, and you can often wake up and have solved the problem in your sleep.

Phil

When we sleep, our brains refresh, leaving us feeling rested in the morning. But after a bad night's sleep it's more difficult to concentrate. We can't **take in**, or understand, new information.

Georgie

We also have the saying, if you've got a problem, **sleep on it**. To **sleep on it** means

to delay making a decision until you've had time to think about it. But that also turns out to be true scientifically speaking - during sleep, your brain really can work out problems and find solutions.

Phil

But what about the other side of the story? What happens when you get too little sleep, or none at all? Here's Ginny Smith again, talking to BBC Radio 4 programme, Inside Science:

Ginny Smith

Sleep **deprivation** is a form of stress, and we know that when you are stressed your sort of **fight-or-flight response** is activated and that causes all these changes in your body that focus on immediate survival over long-term health. But if we are chronically stressed - money worries, or a stressful job, or something that's going on forever, or life, or chronic sleep deprivation that's causing that level of stress, then you might constantly have a damped down immune system which can then lead to all these **knock-on** problems.

Georgie

Having none or too little of something important is known as **deprivation**. Sleep deprivation is stressful for the body – so stressful that it activates a **fight-or-flight response**, changes in the human body in response to a life-threatening situation which make us either stay and fight the threat or run away from it.

Phil

As well as a **fight-or-flight response**, the stress of not getting enough sleep over a longer period also creates problems including heart disease and a weakened immune system. Lack of sleep has these **knock-on effects**, it causes other things to happen, but not directly.

Georgie

Now do you see why it's so important to get a good night's sleep, Phil? Plus, it will stop you sleeping at work again! Right, I think it's time to reveal the answer to my question.

Phil

Yes, you asked me how much of the average person's life is spent asleep, and I said it was about a third.

Georgie

Which was... the correct answer! Assuming you sleep eight hours a day, the average person will sleep for 229,961 hours in their lifetime or around one third of their life. OK, let's recap the vocabulary we've learned starting with the phrases **catch forty winks**, **get some shut-eye**, **doze** and **take a nap**, all of which mean to sleep.

Phil

When someone **takes in** information, they understand it.

Georgie

If you have a problem and you **sleep on it**, you delay making a decision until you've had time to think about it.

Phil

Deprivation is an absence or too little of something important such as food or sleep.

Georgie

The **fight-or-flight response** describes changes in the human body in response to a dangerous situation which make us either stay and fight the threat or run away from it.

Phil

And finally, if something has a **knock-on effect**, it causes other results indirectly. Once again our six minutes are up, but remember to join us again next time for more trending topics and useful vocabulary, here at 6 Minute English. Goodbye for now!

Georgie

Bye!

Vocabulary

catching forty winks / getting some shut-eye / dozing / taking a nap
(idioms) sleeping

take in
understand

sleep on it
wait until you've had time to think carefully before making a decision

deprivation
an absence or too little of something important eg. food, sleep

fight-or-flight response
changes in the human body in response to a life-threatening situation which make us either stay and fight the threat, or run away from it

knock-on effect
cause other results or events, but not directly

I. Match the words into the correct phrases:

I. Complete the phrases by matching the words from each column:

a.Catching forty	1. on it
b.Sleep	2. of food or sleep
c.Fight-or-flight	3. effect
d.Deprivation	4. in
e.Knock-on	5. winks
f.Take	6. shut-eye
g.Getting some	7. response

II. Choose the right heading for each paragraph:

1. Sleep deprivation.
2. Vocabulary terms explained.
3. "Sleep on it".
4. Health problems.
5. Time spent asleep in a lifetime.
6. Ginny Smith's research.
7. Life spent asleep question.
8. Value of the good night's sleep.
9. Sleep jargon.

III. Discussion Questions:

How important is getting a good night's sleep for you personally? Do you prioritize it?

Have you ever experienced difficulty concentrating due to lack of sleep? How did you handle it?

What are your thoughts on the advice "sleep on it" before making decisions?

Can you think of any knock-on effects in your life caused by sleep deprivation?

TECH THAT REFUSES TO DIE

https://www.bbc.co.uk/learningenglish/english/features/6-minute-english_2024/ep-241017

Phil

Hello. This is 6 Minute English from BBC Learning English. I'm Phil.

Georgie

And I'm Georgie.

Phil

The exciting thing about technology is that it's always changing. Can you remember when computer floppy disks, hand-held Game Boys, and fax machines were in fashion? Do you still have a Walkman cassette player from the 1980s?

Georgie

Today technology progresses so quickly that old tech soon becomes **obsolete**, no longer in use having been replaced by something better or more fashionable.

Phil

So, you might be surprised to hear that until recently the government of Japan still used three and-a-half inch floppy disks to store official documents; that around the world, music cassettes and Walkmans are making a comeback; and that even the world-famous Swiss CERN physics laboratory uses old-fashioned magnetic tape reels to record its data.

Georgie

Yes, it seems that some old technology just refuses to die - maybe because people still love it, or maybe because of the old English proverb, **if it ain't broke, don't fix it**, meaning that things should only be changed if they don't work. So, in this programme, we'll be hearing about old tech which continues to be used today. And, as usual, we'll be learning some useful new vocabulary as well.

Phil

But first I have a question for you, Georgie. Computers have seen some of the biggest advances in technology. But what was the name of the first computer developed for home use in the UK? Was it:

- a) the Commodore 64?
- b) the Sinclair ZX80? or,
- c) the BBC Micro?

Georgie

Hmm, I'll guess it was the Commodore 64.

Phil

OK, Georgie, we'll find out if that's the correct answer later in the programme. One reason for not updating tech is if the original design still works well. NASA engineer, Jonathan Sauder, designed HAR-V, a mechanical rover able to survive the inhospitable conditions on Venus where temperatures reach 460C. Here's Jonathan talking to BBC World Service programme, Tech Life:

Jonathan Sauder

...Venus has a very long night. It's actually about 60 days long that you're in total darkness. So that's where we came up with the concept for HAR-V: a

mechanical **clockwork** rover that could be powered by Venus's winds in order to allow it to survive Venus's long hot nights.

Georgie

Conditions on Venus mean that ordinary electronics simply won't work. That's why Jonathan built a **clockwork** rover, a machine with springs and wheels inside which works when it's wound up with a key. **Clockwork** technology from the 1st century being used in 2024 by NASA!

Phil

Other tech which refuses to die is just too much trouble to change. For example, countries around the world use different electrical plugs which would be better to standardise – but imagine the work involved! Here, Chris Vallance, presenter of BBC World Service's, Tech Life, discusses a similar example with Dr Tacye Phillipson, science curator at the National Museum of Scotland:

Chris Vallance

Another piece of tech that people say has sort of refused to die is the **QWERTY** keyboard, the layout of keyboards that we all have, and is perhaps not the most efficient layout in terms of the speed of typing.

Dr Tacye Phillipson

It's the layout we're all really, really used to though, and if you see court reporters, stenographers, they have special keyboards and can type so fast to takedown **verbatim**, but they also look very complicated, I don't actually want to learn to use one of those so I'll **stick with** QWERTY for the moment.

Georgie

Chris and Tacye discussed **QWERTY**, the traditional typewriter arrangement of keys on a computer keyboard in which the top line begins with the letters q, w, e, r, t and y. In terms of being able to type quickly, QWERTY isn't the best - in fact, court reporters type much faster with alternative keyboards. Court reporters need to type fast to record cases **verbatim**, using exactly the same words that were originally spoken.

Phil

But because everyone is used to QWERTY keyboards, the tech lives on. That's why Tacye says she'll **stick with** QWERTY, she'll continue using it and not change to something else. And speaking of QWERTY keyboards has reminded me of my question, Georgie.

Georgie

Yes, you asked me the name of the first home computer released in the UK, and I guessed it was the Commodore 64...

Phil

Which was... the wrong answer, I'm afraid. In fact, the UK's first home computer was the Sinclair ZX80 which was released in 1980 and used a whopping 4 kilobyte memory, that's about half an email! OK, it's time to recap the vocabulary we've learned in this programme starting with **obsolete**, meaning no longer in use, having been replaced by something newer or better.

Georgie

The idiom, **if it ain't (or isn't) broke, don't fix it**, is used to say that if something is working, there is no reason to try to change it.

Phil

Clockwork machinery uses metal springs and wheels which move when they are wound up with a key.

Georgie

QWERTY refers to the traditional typewriter arrangement of keys in which the top line begins with the letters q,w,e,r, t and y

Phil

If you say something **verbatim**, you use exactly the same words which that originally used.

Georgie

And finally, to **stick with** something means to continue using or doing it. Once again our six minutes are up, but remember to join us again next time for more trending topics and useful vocabulary, here at 6 Minute English. Goodbye for now!

Phil

Bye!

Vocabulary

obsolete

no longer in use, having been replaced by something newer, better or more fashionable

if it ain't broke, don't fix it

(idiom) used to say that if something is working satisfactorily, there is no reason to try to change it

clockwork

machinery using metal springs and wheels which move when wound up with a key

QWERTY

the traditional typewriter arrangement of keys in which the top line begins with the letters q,w,e,r, t and y

verbatim

using exactly the same words as were originally used

stick with

continue using or doing something

I. Choose the right variant:

1. The exciting thing about technology is that:
 - a) It stays the same over time.
 - b) It always changes.
 - c) It is difficult to understand.
 - d) It is only for young people.

2. What type of old technology was still being used by the Japanese government until recently?
 - a) Magnetic tape reels.
 - b) Floppy disks.
 - c) Game Boys.
 - d) Cassette players.

3. What was the name of the first home computer released in the UK?
 - a) Commodore 64.
 - b) BBC Micro.
 - c) Sinclair ZX80.
 - d) Atari.

4. Why did NASA engineer Jonathan Sauder design a clockwork rover for Venus?
 - a) To fly across Venus's landscape.
 - b) Because ordinary electronics don't work on Venus.
 - c) To reduce costs.
 - d) To test new electronic components.

5. What does the idiom "if it ain't broke, don't fix it" mean?
 - a) Fix things immediately.
 - b) Change everything frequently.
 - c) Keep things as they are if they work.
 - d) Only use new technology.

II. Match the words with their definitions:

- | | |
|---------------|---|
| 1. obsolete | a. traditional keyboard layout |
| 2. clockwork | b. continue using or doing something |
| 3. QWERTY | c. machinery with springs and wheels moved by winding a key |
| 4. verbatim | d. no longer in use, replaced by something newer |
| 5. stick with | e. using exactly the same words as originally used |

III. Discussion:

Why do you think some old technologies refuse to die, even when newer versions are available?

Can you think of an example where you preferred using older technology over newer alternatives? Why?

What are your thoughts on the QWERTY keyboard? Do you think a more efficient layout should be adopted?

What challenges do you think scientists face when using technology on other planets, like Venus?

WHAT DECIDES OUR TASTE?

https://www.bbc.co.uk/learningenglish/english/features/6-minute-english_2024/ep-241003

Phil

Hello. This is 6 Minute English from BBC Learning English. I'm Phil.

Beth

And I'm Beth. Now, let's talk about food.

Phil

OK. What food do you love? What food do you hate? If you ask around, you'll soon see there's no right or wrong answer – it's all a question of taste.

Beth

But our taste, it turns out, isn't simply a matter of opinion. Rather, scientists have discovered that taste is influenced by our genes and DNA. So, in this programme we'll be asking, what is taste? Why can't we agree on it? And is it worth listening to experts whose job is to tell us what to eat and drink? And, as usual, we'll be learning some useful new vocabulary as well.

Phil

Great, but first I have a question for you, Beth. A good way of finding out about British tastes is with the nation's best-loved snack, crisps. So, what is the most popular flavour of crisps in the UK? Is it:

- a) salt and vinegar?
- b) cheese and onion? or,
- c) prawn cocktail?

Beth

I'm going to guess cheese and onion.

Phil

OK, Beth, I'll reveal the answer later in the programme. Science's understanding of how taste works started only 25 years ago with the discovery of taste receptors, cells located in the taste buds on your tongue.

Beth

But people's taste is unique to them. What tastes sweet to me, might taste sour or salty to someone else, and this is because of differences in the receptors we're born with. In other words, taste is partly genetic. Here's Danielle Reed, researcher at the Monell Chemical Senses Center in Philadelphia explaining more to BBC World Service programme, 'The Food Chain':

Danielle Reed

...when we first started doing genetic studies, we really just confined ourselves to looking at a few Europeans, people of European ancestry. And so, our understanding of the broad diversity of humans on the planet was extremely limited. We are **broadening our horizons** and studying people of Asian and African ancestry, and that has really opened up the knowledge that people are much more diverse than we ever realised...

[...]

Ruth Alexander

And what you're saying is, "No, taste isn't a matter of opinion, it's a matter of biology".

Danielle Reed

Exactly and we wouldn't... you know, for our friends who are **colour-blind**, we wouldn't **chastise** them for not being able to see red or for dressing in colours we don't appreciate, but we feel very free to criticise our friends' sense of taste.

Phil

It was only when scientists looked outside Europe to the rest of the world that they realised the diversity of human taste. Danielle says they **broadened their horizons**, they investigated something in a new way to increase their knowledge and understanding of it.

Beth

Danielle compares taste to another genetically controlled condition, being **colour-**

blind or unable to see the difference between certain colours like green and red. You wouldn't **chastise** – criticise or punish - someone for being **colour-blind**, so why criticise someone's taste?

Phil

But, if scientists are telling us taste is largely genetic, what about restaurant critics and wine connoisseurs, people whose job it is to tell us what to eat and drink? Are their opinions any better than our own? Here's David Kermode, wine judge for the International Wine and Spirits Competition, speaking with Ruth Alexander for BBC World Service's, 'The Food Chain':

Ruth Alexander

Scientists have established that taste is individual and to a large extent actually genetic. So I wonder, does that render the wine competition a **pointless** exercise?

David Kermode

No. I mean, **I would say that wouldn't I?** But of course, individual taste is **subjective**. We all have our own personal prejudices in whatever sphere of life you want to go into, but we are encouraged, I mean ordered almost, to park those prejudices.

Beth

Since people's tastes are naturally different, Ruth asks if wine competitions are **pointless**, without purpose and a waste of time. Being a wine judge, David, of course disagrees, using the phrase, but **I would say that, wouldn't I?** This phrase means something like, 'of course I would say that'. It implies there's some reason that what the speaker is saying is obviously biased towards them.

Phil

David admits that taste is **subjective**, based on personal opinions and feelings rather than on facts.

Beth

I think it's time to reveal the answer to your question, Phil.

Phil

Right. I asked for Britain's most popular flavour of crisp, and you said, cheese and onion which was... the correct answer! OK, let's recap the vocabulary we've learned in this programme starting with the phrase to **broaden or expand your horizons** meaning 'to explore something in a new way which increases your knowledge and understanding of it'.

Beth

To **chastise** means to strongly punish or criticise.

Phil

A **colour-blind** person is unable to distinguish certain colours especially greens and reds.

Beth

Something which is **pointless**, has no purpose or meaning and is a waste of time.

Phil

The phrase **I would say that wouldn't I?** is a tag question meaning, 'of course I would say that'.

Beth

And finally, if something is **subjective**, it's influenced by personal beliefs or feelings, rather than based on facts. Once again, our six minutes are up. Goodbye for now!

Phil

Bye!

Vocabulary

broaden (or expand) your horizons

investigate something in a new way in order to increase the range of your knowledge, understanding or experience

chastise

strongly punish or criticise

colour-blind

unable to see the difference between certain colours, especially green and red

pointless

without purpose or meaning, and a waste of time

I would say that, wouldn't I?

of course I would say that; used to imply there's some reason that what the speaker is saying is obviously biased towards them

subjective

based on personal opinions and feelings rather than on objective facts

I. True or False:

1. Scientists discovered taste receptors more than 50 years ago.
2. Danielle Reed initially studied people only of European ancestry.
3. Being color-blind and having unique taste preferences are compared in the text.

4. Wine competitions are considered pointless by David Kermode.
5. The most popular crisp flavor in the UK is salt and vinegar.

II. Complete the sentences with the phrases below:

- a) broaden their horizons
- b) I would say that, wouldn't I?
- c) chastise someone for their taste
- d) based on personal opinions
- e) pointless

1. Danielle Reed explained that scientists had to _____ to understand the diversity of human taste.
2. According to Danielle Reed, it's unfair to _____ as we wouldn't do so for being color-blind.
3. David Kermode admitted that taste is subjective, _____ rather than objective facts.
4. Wine competitions are not considered _____ by David Kermode despite varying opinions on taste.
5. David Kermode used the phrase _____ to acknowledge his biased stance as a wine judge.

III. Discussion Question:

Do you agree with the idea that taste is largely influenced by genetics? Should food critics and experts be considered trustworthy in guiding our taste preferences, or is taste purely subjective? Why or why not?

LEARNING A NEW FOOD CULTURE

https://www.bbc.co.uk/learningenglish/english/features/6-minute-english_2024/ep-240926

Neil

Hello. This is 6 Minute English from BBC Learning English. I'm Neil.

Beth

And I'm Beth.

Neil

Every country has its own favourite foods. So, when people leave home and move to a different country, getting used to the new food there can be a surprise.

Beth

Food can have strange-sounding names. If you know what a toad is, it's an animal, very similar to a frog, you might be surprised to hear that a famous English meal is 'toad-in-the-hole'. Don't worry though, it's made with sausages, not toads!

Neil

In this programme, we're exploring people's first impressions of a new culture through its food. We'll be hearing how two women, one a refugee, the other a dietitian, **adapted** to the food of their new home. And, as usual, we'll be learning some useful new vocabulary too.

Beth

But first, I have a question for you, Neil. A British summer wouldn't be complete without a traditional 'cream tea' – scones, cream, and jam, eaten with a cup of tea. It sounds lovely, but strangely there have been many arguments over cream teas. So, is the cream tea debate about:

- a) whether to drink tea or coffee?
- b) whether to put cream or jam onto the scone first? or,
- c) whether strawberry or raspberry jam is better?

Neil

Well, I think the controversy is whether to add cream or jam first.

Beth

OK, Neil. I'll reveal the correct answer later in the programme. Natalia Tkachenko arrived in the Netherlands after leaving her home in Ukraine, following the Russian invasion. She moved in with Weronika Groszewska, who's originally from Poland, and her family, starting them on a journey to open their own restaurant, *Natalia's Kitchen*. Here's Natalia talking with BBC World Service programme, 'The Food Chain':

Natalia Tkachenko

Of course, at first it felt like I am well out of, what they call, my **comfort zone**. When you stay in a certain environment you get used to it, but when you move to another country where you live and work, you experience difficulties, and you have to **adapt** to get used to local foods. Here, they don't have some of the **staples** we had in Ukraine, ingredients are different, and so you start working with local foods, find replacements, cook with what you have.

Neil

At first, Natalia felt out of her **comfort zone**, a familiar situation in which someone feels secure and in control. She had to **adapt** to her new life in the Netherlands, she had to change in order to succeed in her new situation.

Beth

Some of the **staple** ingredients Natalia used in Ukraine weren't available in the Netherlands. A **staple** is a basic and important type of food that is regularly eaten by a large portion of the population. So, Natalia **adapted** her recipes, replacing Ukrainian with Dutch ingredients to create a new kind of cooking which her customers loved.

Neil

Our second story involves Rachel Winter-Roach, who left her home in England to work on the sunny island of Tobago, in the southern Caribbean. Here, Rachel explains some of the food challenges she faced to BBC World Service programme, 'The Food Chain':

Rachel Winter-Roach

When I came out to the Caribbean, I **was** really **in for a shock** when it came to flavouring and seasoning food, and seasoning is really, really an integral part of food preparation here.

[...]

Here, the seasoning is multiple, multiple layers. It took me a while to get used to it because everybody has their own way of seasoning and their own little **tweaks**, and there are no quantities, so it really takes a lot of practice, a lot of **trial and error**, and I think my family did not always appreciate the errors in the trials.

Beth

When Rachel moved to Tobago, she was **in for a shock**. The phrase **to be in for a shock** means to be sure of experiencing a surprising or unpleasant situation. In Rachel's case, the surprise involved seasoning - the salt, herbs and spices added to food to enhance the flavour.

Neil

In the Caribbean, seasoning is a big deal. Everyone has their own seasoning recipe, including little **tweaks**, or small adjustments, which they have added themselves. It took time for Rachel to develop her seasoning skills, mainly through **trial and error** - a way of solving problems by trying a number of different methods and learning from the mistakes you make along the way.

Beth

Whether you're fleeing war, starting a new job, or enjoying a cream tea, it seems there's lots to learn about a place from its food, including Britain. So, I think it's time to reveal the answer to my question, Neil. Why is the traditional British cream tea controversial?

Neil

Well, I guessed it was because people disagree about whether cream or jam should go on the scone first.

Beth

Which was the correct answer. And anyone who says it's jam first is just wrong! OK, let's recap the vocabulary we've learned in this programme, starting with **comfort zone**, a situation in which you feel comfortable and in control.

Neil

To **adapt** means to change so as to successfully fit in with a new situation.

Beth

A **staple** is a basic and important type of food that is regularly eaten by a large portion of the population.

Neil

The phrase **to be in for a shock** means to be guaranteed to experience a surprising or unpleasant situation.

Beth

A **tweak** is a small adjustment to something in order to improve it.

Neil

And finally, if you solve a problem by **trial and error**, you try a number of different methods and learn from the mistakes you make. Once again, our six minutes are up, and remember to join us again, here at 6 Minute English. Goodbye for now!

Beth

Bye!

Vocabulary

comfort zone

situation in which a person feels secure, comfortable, or in control

adapt

change to successfully deal with a new situation

staple

basic and important type of food that is regularly eaten by a large portion of the population

be in for a shock

be guaranteed to experience a surprising or unpleasant situation

tweak

small adjustment to something in order to improve it

trial and error

way of solving a problem by trying a number of different methods and learning from the mistakes you make

I. Answer the Questions:

1. What did Natalia Tkachenko have to do when she moved to the Netherlands regarding food?
2. What does "comfort zone" refer to, according to the text?
3. What was the biggest food challenge Rachel Winter-Roach faced in Tobago?
4. How does Rachel describe the process of learning seasoning in the Caribbean?
5. What is one example of how people can learn about a culture through its food, based on the text?

II. Put the Sentences in the Correct Order:

1. And anyone who says it's jam first is just wrong!
2. So, when people leave home and move to a different country, getting used to the new food there can be a surprise.
3. Whether you're fleeing war, starting a new job, or enjoying a cream tea, it seems there's lots to learn about a place from its food, including Britain.
4. In this programme, we're exploring people's first impressions of a new culture through its food.
5. In the Caribbean, seasoning is a big deal.
6. When Rachel moved to Tobago, she was in for a shock.

III. Discussion:

Considering the information in the text, share your opinion on adapting to a new food culture.

Do you believe food is an essential way to connect with a new culture? Provide examples or personal experiences to support your perspective.

SAVING WATER IN THE DRIEST PLACE ON EARTH

https://www.bbc.co.uk/learningenglish/english/features/6-minute-english_2024/ep-240919

Neil

Hello. This is 6 Minute English from BBC Learning English. I'm Neil.

Beth

And I'm Beth.

Neil

We all know how horrible it feels to be thirsty. Human bodies need around 3 litres of water a day, and thankfully most of us can just turn on the kitchen tap to get clean drinking water.

Beth

But globally, over two billion people, around a quarter of the world's population, live in water stressed countries, where access to water for drinking, cooking, and washing is not guaranteed. What's more, water is also needed to grow food and that's getting harder due to droughts which are increasing with climate change.

Neil

In this programme, we'll visit farmers in one of the driest places on Earth – Yuma in the USA - where a new technology involving liquid clay is helping farmers grow fruit and vegetables in the desert. And, as usual, we'll be learning some useful new vocabulary too.

Beth

But first I have a question for you, Neil. Everyone knows that plants need sunlight and water to grow, but soil is just as important. One of the most useful soils is clay, a dense, smooth soil which is very fertile but sticky. Clay has been used in agriculture for thousands of years, but what is its more modern use? Is clay good for:

- a) curing headaches?
- b) digesting food? or,
- c) smoothing face skin?

Neil

Hmm, I think clay can be used to smooth the skin on people's faces.

Beth

OK, Neil. We'll find out if that's the correct answer later. Lack of water and farming are closely connected. Agriculture uses a massive 70% of the world's fresh water supply, so ways to use water more efficiently are much needed. Ole Sivertsen's company, Desert Control, works with date farmers in Yuma, an area on the border of California and Mexico. One of the hottest places on Earth, Yuma has been experiencing its worst drought in 500 years, forcing farmers to pump water from rivers to grow their date palm trees.

Neil

Fortunately, Ole's team have created a liquid that, they say, can turn the sandy desert soil into a sponge which holds water and nutrients. Here, he explains his invention to Anthony Wallace, reporter for BBC World Service programme, People Fixing the World:

Anthony Wallace

To understand how it works we need to look at the difference between sandy soil and clay soil. Sandy desert soil has a lot of gaps in it so water **drains** through it quickly, making it hard for plants to establish the root system in the ground. But clay soil is made up of much smaller particles that **cling** together and naturally stop water from escaping.

Ole Sivertsen

It creates the habitat for the soil microbiology to also start to develop and evolve, so it's kind of a **kick-start** as well to nature's natural processes.

Beth

The problem with sandy soil is that it **drains** water. If you **drain** something, you remove the liquid from it. Clay soil, on the other hand, is made of smaller particles which **cling**, or stick together tightly, and hold water, helping plants grow.

Neil

Ole makes a liquid by mixing clay and water which changes the soil composition and **kick-starts** the growth of his trees – the liquid makes the trees start growing more quickly. Liquid clay technology is still new, and costing around 2,000 dollars an acre, it's not cheap. But Ole claims his technique halves the amount of water needed to grow fruit trees, and that most farmers will make back their investment within two years.

Beth

Ole's claims sound too good to be true. But are there downsides to interfering with nature in this way? Presenters, Myra Anubi and Anthony Wallace, discussed this question for BBC World Service's, People Fixing the World:

Myra Anubi

Anthony, I'm still left wondering, right... when you manipulate soil like this, could you be causing problems **down the line**?

Anthony Wallace

Yeah, I think anytime that there's a new technology where you are, like you said, **manipulating** nature **only time will tell** what the long-term effects of that will be... but Ole did stress that their liquid clay does not use any chemicals - only clay, air and water.

Neil

Ole's liquid clay involves **manipulating** soil – using and controlling it skilfully to achieve some result. Myra worries that when people do this, they could create problems **down the line** – at some unspecified point in the future.

Beth

In fact, **only time will tell** if liquid clay is a long-term solution to the problem of water scarcity. The phrase, **only time will tell**, means that the result of something happening now will not be known until the future. Something we can know though, is the answer to my question, Neil.

Neil

Yes, you asked about a modern use for clay, and I guessed it was for smoothing facial skin.

Beth

Which was... the correct answer! A clay mask, also called a mud pack, is used to smooth the skin on your face. OK, let's recap the vocabulary we've learned in this programme, starting with the verb to **drain** which means to remove liquid.

Neil

To **cling** means to stick or hold tightly onto something.

Beth

If you **kick-start** something, you make it start or develop more quickly.

Neil

To **manipulate** means to skilfully use or control something.

Beth

The phrase, **down the line**, means some time in the future.

Neil

And finally, the idiom, **only time will tell**, means that the truth about something happening now will only be known in the future. Once again our six minutes are up, but remember to join us again next time for more trending topics and useful vocabulary, here at 6 Minute English. Goodbye for now!

Beth

Bye!

Vocabulary

drain

remove the liquid from something by pouring it out or letting it flow away

cling

stick or hold onto something very tightly

kick-start

make something start to happen or develop more quickly

manipulate

skilfully use or control something

down the line

at some unspecified point in the future

only time will tell

(idiom) the real results of something happening now will not be known until some time in the future

I. Match the correct words into phrases:

- a) liquid... nature;
- b) kick-start... line;
- c) sandy... clay technology;
- d) only time... desert soil;
- e) manipulating... the growth of trees;
- f) down the... holds water;
- g) clay soil... will tell.

II. Name each paragraph:

1. Summary and key vocabulary.
2. Concerns about manipulating nature.
3. Global water crisis.
4. How liquid clay works.
5. Programme's question.
6. A new solution: liquid clay.
7. Benefits of liquid clay.
8. The cost and investment for farmers.
9. Farming challenges in dry regions.
10. Possible long-term consequences.
11. Importance of water for life.

III. Read the passage and retell it:

Globally, over two billion people live in water-stressed countries. In one of the

driest places on Earth, Yuma, USA, farmers face severe drought. Ole Sivertsen's company, Desert Control, has developed a liquid clay technology that transforms sandy soil into water-retentive soil, reducing water usage by 50%. While promising, concerns remain about the long-term effects of manipulating soil. Experts believe that only time will reveal the true impact of this innovation.

LESS SALT, BETTER HEALTH

https://www.bbc.co.uk/learningenglish/english/features/6-minute-english_2024/ep-240905

Neil

Hello. This is 6 Minute English from BBC Learning English. I'm Neil.

Georgie

And I'm Georgie. Do you know the five tastes which give food its flavour, Neil? There's sweet...

Neil

Yes... and er, sour, bitter...

Georgie

And salty! Everyone knows that salt makes food taste better by enhancing the flavours of the ingredients. There's even a phrase you'll see in many recipes – 'add a pinch of salt'.

Neil

But exactly how much salt makes a 'pinch' of salt? The World Health Organisation, or WHO, recommends a daily salt intake of less than 5g, about the same as a teaspoon. In fact, the human body needs salt - at least 1g a day to survive. But most of us eat far too much, increasing the risk of high blood pressure and heart disease. In this programme, we'll be asking: how much salt is too much? And, as usual, we'll be learning some useful new vocabulary as well.

Georgie

Great! But first I have a question for you, Neil. The reason it's difficult to know how much salt you consume is that it's hidden in food, especially processed food. So, which of the following everyday foods do you think contains most salt? Is it:

- a) meat?
- b) bread? or,
- c) pasta?

Neil

Well, I'm going to guess that meat is the saltiest of those foods.

Georgie

OK Neil, I'll reveal the answer later in the programme. Marian Sumbiva lives in Astana, the capital of Kazakhstan, a country where people eat, on average, 17g of salt a day. That's more than three times the amount recommended by the WHO. Here, Marian explains some of the reasons behind this to BBC World Service programme, 'The Food Chain':

Marian Sumbiva

We consume lots of salt, which is due to historical heritage, because when we were **nomads**, for centuries and centuries we travelled and wandered across the steppes, and here, we had to carry lots of meat which could be **preserved** only adding salt. And even the milk products, the **dairy products**, are also very much salty for the same reasons.

Neil

Besides improving its flavour, salt can be used to **preserve** food, to stop it from going bad. Traditionally, people in Kazakhstan were **nomads**, they travelled from place to place with their animals, rather than living in one place all the time. Treating food with salt gave them enough to eat during the long winter months. They even did it with **dairy products**, foods which are made from milk, such as cheese and butter.

Georgie

So, salt has a long, and useful, history. But there's a big difference between traditional Kazakh **nomads** and the health problems associated with modern processed food. When we eat too much salt, the body dilutes it by retaining water. And as a result, the heart works harder to pump liquid around the body. This causes high blood pressure which, over time, can lead to heart disease.

Neil

Globally, governments are fighting this health risk in different ways. The Australian government reduced its recommended salt intake to 6g a day, while the British government has passed laws forcing food companies to reduce the amount of salt they use, and now recommends just 5g of salt per day.

Georgie

Clare Collins is professor of nutrition at the University of Newcastle in Australia. Here, she explains more about these salt recommendations to BBC World Service programme, 'The Food Chain':

Prof Clare Collins

I think you just gotta **take a step back**, and **look at the bigger picture**, like arguing whether it should be 5g or 6g... The issue is that around the world, salt intakes are very high, contributing to high blood pressure, contributing

to **premature** strokes, **premature** mortality, and we need to address it in a way that's culturally appropriate for each country.

Georgie

Instead of arguing over grams of salt, Professor Collins thinks we should **take a step back** and **look at the bigger picture**. She uses two idioms: **take a step back**, which means to temporarily withdraw from a situation in order to think about it more calmly, and **look at the bigger picture** - to consider the overall meaning of something, not just the details.

Neil

Yes, the problem remains that overconsumption of salt is causing **premature** health problems, problems which are happening sooner than they should. By limiting salt and processed food, most people can enjoy long, healthy lives. And if you don't like your food unsalted, try adding herbs and spices instead.

Georgie

Well, speaking of salty foods, I think it's time to reveal the answer to my question, Neil. If you remember, I asked you which everyday food contains most salt.

Neil

And I guessed it was meat...

Georgie

Which was... the correct answer! Meat contains the highest amount of salt - around 19% - followed by bread with 14%, and pasta with 7%. OK, let's recap the vocabulary we've learned in this programme starting with the verb 'to **preserve** food', meaning to do something to stop it rotting so it can be eaten later.

Neil

Nomads are people who travel from one place to another, often with animal livestock, rather than living in one place all the time.

Georgie

Dairy products are foods such as cheese and butter, which are made from milk.

Neil

If you **take a step back**, you temporarily remove yourself from a situation in order to reevaluate it.

Georgie

The idiom 'to **look at the bigger picture**' means to consider the overall meaning of something rather than the specific details.

Neil

And finally, the adjective **premature** describes something which happens too soon or before the proper time. Once again, our six minutes are up. Goodbye for now!

Georgie

Bye!

Correction: In the programme we say that meat contains 19% salt, making it the saltiest type of everyday food. In fact it's some processed meat and meat dishes that contains 19% salt, according to the British Heart Foundation.

Vocabulary

preserve (food)

treat food to prevent it from rotting so that it can be stored and eaten later

nomads

people who travel from one place to another, often with animal livestock, rather than living in one place all the time

dairy products

food which is made from milk, for example butter, cheese or yoghurt

take a step back

(idiom) temporarily withdraw from a situation in order to think about it more calmly

look at the bigger picture

(idiom) consider the overall meaning of something as opposed to specific details

premature

happening too soon or before the proper time

I. Choose the right variant:

1. Salt makes food taste better by:

- a) decreasing its flavor;
- b) enhancing its flavor;
- c) making it bitter;
- d) spoiling it.

2. The World Health Organization recommends a daily salt intake of:

- a) less than 10g;
- b) less than 7g;
- c) less than 5g;
- d) less than 3g.

3. People in Kazakhstan consume a high amount of salt due to their:

- a) geographical location;
- b) traditional methods of preserving food;
- c) modern dietary habits;
- d) lack of salt regulations.

4. The verb "preserve" means:

- a) cook food quickly;
- b) treat food to prevent it from rotting;
- c) eat food immediately;
- d) reduce food flavor.

5. Which of the following foods contains the most salt?

- a) bread;
- b) pasta;
- c) meat (processed);
- d) dairy.

6. The idiom "take a step back" means:

- a) walk away from a situation permanently;
- b) observe something in detail;
- c) temporarily withdraw to reevaluate;
- d) forget about a situation.

II. Complete the sentences with the phrases below:

(look at the bigger picture, dairy products, preserve, premature, nomads, take a step back)

1. Cheese and butter are examples of _____.

2. Salt has traditionally been used to _____ food and prevent it from going

bad.

3. _____ traveled with their livestock and did not live in one place permanently.
4. Health problems caused by consuming too much salt are often _____.
5. Professor Collins suggests that we should _____ and rethink our approach to salt intake.
6. Instead of focusing on grams of salt, it's better to _____ and consider global health risks.

III. Discussion:

Do you think salt should be strictly regulated by governments, or should it be left up to individual choice?

Additionally, how important do you think traditional food preservation methods are in modern life?

CHOCOLATE: MEET A REAL WILLY WONKA

https://www.bbc.co.uk/learningenglish/english/features/6-minute-english_2024/ep-240829

Neil

Hello. This is 6 Minute English from BBC Learning English. I'm Neil.

Beth

And I'm Beth.

Neil

In Britain, millions of kids grow up reading the books of Roald Dahl. Before his death in 1990, Roald Dahl wrote over thirty children's books, including bestsellers like Matilda and The BFG. But one book in particular is many people's favourite - Charlie and the Chocolate Factory.

Beth

Ah yes, I remember the story of Charlie Bucket – the poor kid whose luck turns around when he wins a Golden Ticket to the local chocolate factory. The factory is run by the mysterious Willy Wonka who invents all kinds of sweets and chocolates for the children to try – everything from strawberry-coated fudge to marshmallow pillows. Neil, I really wanted to visit that chocolate factory.

Neil

If that story sounds familiar then maybe, as a kid, you also dreamed of tasting chocolate for a living. But in this programme we'll be meeting a real life Willy

Wonka, someone whose job involves exactly that – inventing and tasting chocolate bars! And, as usual, we'll be learning some useful new vocabulary too.

Beth

Helle Anttila has the kind of job most people can only dream of. Helle is head of research and development at Fazer, a confectionary company in Finland which has been making and selling chocolate for over 130 years. Helle is responsible for buying the cocoa beans used to make chocolate, and coming up with ideas for new chocolate products to sell. So, my question for you, Neil, is this: what is Britain's best-selling chocolate bar? Is it:

- a) KitKat?
- b) Snickers? or,
- c) Mars?

Neil

Hmm, well, I'm going to guess that it's KitKat.

Beth

OK, Neil, I'll reveal the correct answer at the end of the programme. With over 6,000 employees, Fazer is Finland's largest chocolate maker. Just like Willy Wonka, Helle and her team think up new and exciting chocolate products. Here Helle explains more to Ruth Alexander for BBC World Service programme, The Food Chain:

Ruth Alexander

Part of your job is to travel around the world and eat chocolate?

Helle Anttila

That would be a **dream**! But of course you get the different information from different sources around the world. So I think there is a brilliant amount of ideas... then it is just that OK, when is the right time to actually develop and **launch** certain type of products, when there is a **consumer demand**?

Ruth Alexander

How does it feel when you've developed a new product, a new taste, and it's **on the shelves** and people are **going for it**?

Helle Anttila

It feels great! You really feel proud of my team who is creating the products and creating the taste experience. It's really a great feeling.

Ruth Alexander

Can you tell us about any **flops** where you just feel like we, chocolate eaters, just weren't ready for it?

Helle Anttila

I think those **flops** are as important as the products which are gaining great sales, because you always learn.

Neil

Helle describes her chocolate-maker job as **a dream**, something that you want to happen very much, but is not very likely to. But in Helle's case, her dream came true.

Beth

After they invent a new chocolate bar, Helle's team carefully choose the best time to **launch** it – to introduce the new product to the public. Usually this only happens when there is enough **consumer demand** – a measurement of how much customers want to buy something based on factors like its price and availability.

Neil

If consumer demand is strong, Fazer starts to advertise and promote their new chocolate bar before it **hits the shelves** – an idiom meaning that it becomes available for people to buy in the shops. Then it's just a question of waiting to see if people **go for**, or choose, the new product.

Beth

Some of Helle's biggest successes have been her Blueberry Truffle and the heart-shaped Geisha bar she invented. But sometimes the new chocolate bar she thinks up is a **flop**, completely unsuccessful or a failure.

Neil

Flop or not, Helle thinks she has one of the best jobs in the world, even if she doesn't get to eat as much of her chocolate inventions as Willy Wonka. Anyway, speaking of best-selling chocolate, isn't it time to reveal the answer to your question, Beth?

Beth

Right. I asked you about Britain's best-selling chocolate bar, and you guessed it's KitKat, which was... the wrong answer I'm afraid, Neil. In fact, the UK's most popular chocolate is the Mars bar, meaning that over 3 million bars get made every day! OK, let's recap the vocabulary we've learned in this programme starting with **a dream**, something you really want to happen but is not likely to, and the related idiom, **a dream come true**, when what you really want to happen actually does.

Neil

When a company **launches** a new consumer product, they introduce it to the public for the first time.

Beth

Consumer demand is a measurement of consumers' desire to buy a product based on factors like its price and availability.

Neil

When a product **hits the shelves**, it becomes available for purchase in the shops.

Beth

If you **go for** something, you choose it. For example, in a restaurant you might say, 'I think I'll go for the fish'.

Neil

And finally, if something is a **flop**, it's completely unsuccessful – a failure. Once again our six minutes are up, but remember to join us again next time for more trending topics and useful vocabulary, here at 6 Minute English. Goodbye for now!

Beth

Bye!

Vocabulary

a dream (come true)

something you want to happen very much but is not likely to (but that does in fact happen)

launch

introduce something new, such as a consumer product, to the public

consumer demand

measure of consumers' desire to buy a certain product based on its price and availability

hit the shelves

(idiom) become available for purchase

go for (something)

choose (something)

a flop

completely unsuccessful; a failure

I. Answer the questions:

1. Who is Helle Anttila, and what is her role at Fazer?

2. What does Helle find rewarding about her job?
3. How does consumer demand influence the launch of a new chocolate product at Fazer?
4. What does Helle say about the importance of flops in her work?
5. What is the UK's best-selling chocolate bar, according to the text?

II. Put the following sentences in the correct order:

1. Some of Helle's biggest successes have been her Blueberry Truffle and the heart-shaped Geisha bar she invented.
2. Part of your job is to travel around the world and eat chocolate?
3. The factory is run by the mysterious Willy Wonka who invents all kinds of sweets and chocolates for the children to try.
4. In Britain, millions of kids grow up reading the books of Roald Dahl.
5. If that story sounds familiar then maybe, as a kid, you also dreamed of tasting chocolate for a living.

III. Discussion:

Do you think working as a chocolate developer would be a dream job? Why or why not?

Have you ever had a job or project where a "flop" taught you valuable lessons? If so, what did you learn?

HOW LEARNING TO READ CHANGES LIVES

https://www.bbc.co.uk/learningenglish/english/features/6-minute-english_2024/ep-240627

Phil

Hello. This is 6 Minute English from BBC Learning English. I'm Phil.

Beth

And I'm Beth. Are you a big reader, Phil?

Phil

Sure, I enjoy reading – and it's also a great way to pass the time on my daily commute to work. But reading isn't just a nice thing to do – it's an essential skill, something you need for everyday activities, whether that's finding out the news by reading a newspaper or buying groceries by reading the labels.

Beth

And that's why I was shocked by a recent UN report estimating that around the world over 700 million adults are **illiterate**, which means they can't read or write.

Phil

Wow! That's a huge number of people excluded from doing basic day-to-day things. So, what can be done to get more adults reading and writing? In this programme, we'll be hearing about projects in two very different countries trying to do just that. And, as usual, we'll be learning some useful new vocabulary as well.

Beth

But first I have a question for you, Phil. I mentioned a recent UN report on the high numbers of people unable to read and write, but illiteracy is not a new problem. Since 1967, the UN has been highlighting the importance of literacy, being able to read and write, with a day of celebration called International Literacy Day. But when does it take place? Is it:

- a) the 8th of March?
- b) the 8th of June? or,
- c) the 8th of September?

Phil

I think International Literacy Day is on the 8th of September.

Beth

OK, Phil, we'll find out if that's correct at the end of the programme. The biggest reason people grow up illiterate is not going to school, and that's especially true for people living in the coastal towns of Bangladesh. Because these towns flood regularly, families are always on the move, making it hard for children to get an education.

Phil

The Friendship Project teaches reading and writing to groups of Bangladeshi women and girls. They also teach **numeracy** which means the ability to do basic maths like counting and adding up. Here one student, Rashida, explains the impact it's had on her to BBC World Service programme, People Fixing The World:

Rashida

My parents never sent me to school and I've suffered from not being able to read and write. My children were embarrassed that I was illiterate. I couldn't even do basic accounting. Until now, I've had to use my fingerprint as a **signature** as I was illiterate, but now I can sign my name because I can read and write the alphabet,

and I'll also be able to keep an account of my expenses. No one can **cheat** me anymore.

Beth

Before the Friendship Project, Rashida couldn't write her **signature** – her name written in her own handwriting. Instead, she had to use her fingerprint. Now, Rashida has learned the alphabet and also some basic maths, so she knows how much money she's spent, and how much she has left. This means no-one can **cheat** her, can trick or swindle her into taking her money.

Phil

The Friendship Project is free, and so far over 11,000 adults have completed it. But it's not just developing countries that struggle with literacy. Our second project takes place much closer to home – the north of England, where charity Readeasy, matches adult learners with trained volunteers for one-to-one lessons.

Beth

In the UK, one in six adults struggle with reading and writing, including Peter. Peter had hearing problems as a child, fell behind at school, and never learned to read. Here he is, talking with BBC World Service programme, People Fixing The World:

Peter

Everyone **takes for granted** that you just open a letter and you read it. Before I met my wife, I used to have to knock on the neighbour's door: "Could you read this for me?" Can you imagine the embarrassment? I've tried college – twice. Nothing worked so as far as I'm concerned, I'm **thick**, I'm stupid, I'm just one of those people – it's never gonna work for me. And that was my life.

Phil

Many of us **take it for granted** that everyone can read and write. If you **take something for granted**, you assume it's true without checking. Peter had to ask his neighbours to read his letters, something he found very embarrassing. He thought he was **thick** – stupid and unintelligent.

Beth

Now, Peter says learning with Readeasy has changed his life. He's literate and is reading his way through the Harry Potter books. And he always celebrates International Literacy Day.

Phil

Which reminds me of your question, Beth – when does the UN's International Literacy Day take place? I said it was on the 8th of September.

Beth

And that was... the correct answer! OK, let's recap the vocabulary we've learned from this programme, starting with **illiterate** meaning unable to read and write.

Phil

Numeracy is the ability to understand basic maths, count, and add up.

Beth

Your **signature** is your name written in your own handwriting style. It shows that something has been written or agreed by you.

Phil

To **cheat** someone means to trick or deceive them in order to get their money or valuables.

Beth

If you **take something for granted**, you assume that it's true without checking up.

Phil

And finally, the adjective **thick** is an informal word for stupid. Once again, our six minutes are up, but remember to join us again next time for more trending topics and useful vocabulary, here at 6 Minute English. Goodbye for now!

Beth

Bye!

Vocabulary

illiterate

unable to read or write

numeracy

the ability to understand basic maths, count, add up etc.

signature

your name written in your own characteristic handwriting style, usually to show that something has been written or agreed by you

cheat

trick or deceive someone in order to take their money or valuables

take (something) for granted

assume that (something) is true without checking up or finding out about it

thick

(informal) stupid, unintelligent

I. Match the correct phrases:

- a) trick or deceive in order to take money;
- b) assume without checking;
- c) something has been written or agreed by you;
- d) cheat someone to get valuables;
- e) take something for granted without confirming;
- f) understand basic maths;
- g) numeracy is the ability to count, and add up;
- h) your name written in your own style.

II. True or False:

- 1. Illiterate means unable to read or write.
- 2. Rashida still uses her fingerprint as a signature because she remains illiterate.
- 3. Peter had no difficulties at school but still never learned to read.
- 4. The Friendship Project only teaches reading and writing skills.
- 5. Friendship Project operates only in the UK.
- 6. Peter is now reading Harry Potter books after learning to read.

III. Discussion:

Consider the importance of literacy in everyday life as discussed in the text.

Do you think literacy can significantly change someone's life and increase their independence? Share examples or reasons to support your opinion.

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