

## **JĘZYK ANGIELSKI** **POZIOM ROZSZERZONY**

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### **TRANSKRYPCJA NAGRAŃ**

#### **Zadanie 4.**

You will hear as Pavlos Georgiadis from Slow Food Thrace in northern Greece explains how to prepare an authentic horiatiki – what most of us know as a Greek salad.

There is no such thing as a „Greek salad” in Greece! Here we call it horiatiki, which means „of the village.” It is a typical summer salad that combines sun-ripened tomatoes, chilled cucumber, onion, olives, feta, rye rusks, wild mountain oregano and extra virgin olive oil – the noble emblem of the Greek culture.

In each of Greece’s historic regions, the salad expresses the flavors of the territory. The variations are endless, based on the hundreds of varieties of tomatoes, dozens of types of feta cheese and the diversity of olive varieties. On the islands, people usually add pickled capers and their leaves. In northern Greece, we like to add spicy green peppers. This salad is the epicenter of the summer table, which has been nourishing Greek families generation after generation. We must take time to taste and to understand the story and the origins of our food. It is the only thing we can do to overcome the crisis we have been thrown into by the standardized industrial food system.

The quality of this salad is determined by the flavor of the sun-ripened tomatoes, crisp cucumbers, aromatic peppers and oregano and intensely flavored olive oil. Without them it will be flat and tasteless, so stick to making it during the summer months.

#### **To serve 4 portions we will need:**

- 6 sun-ripened tomatoes, fresh from your garden or a local organic farm/market, at room temperature,
- 1 cucumber, chilled,
- 1 small onion,
- a handful of quality olives of your choice, preserved in olive oil, salt or brine,
- 200 g fresh goat/sheep’s-milk feta, crumbled with the hand into generous pieces,
- dried oregano (to taste),
- 1–2 rye rusks (called Paksimadi in Greece – a hard, dried bread made from 100% wholemeal stone-milled rye flour),
- sea salt,
- extra virgin olive oil.

Cut the tomatoes and cucumbers into cubed pieces and place in a salad bowl. Slice the onion and pepper thinly and add together with the olives and the rusks crumbled into pieces. Mix gently. Top with the feta, season with a sprinkling of oregano and sea salt and dress generously with the olive oil. Leave to rest for half an hour to allow the dry rusks to soak up the juices and the flavors to mingle. Enjoy!

*adapted from [www.slowfood.com](http://www.slowfood.com)*

## **Zadanie 5.**

### **5.1.**

Mr McDonald was a farmer who lived in Canada – nothing extra-ordinary in that – until you learn that his postcode contained the letter sequence EIEIO.

### **5.2.**

A fifteen year old pupil at Argoed High School in North Wales was to sit his GCSE examinations in 1990. His name was James Bond – his examination paper reference was 007.

### **5.3.**

Mark Twain was born on the day of the appearance of Halley's Comet in 1835, and died on the day of its next appearance in 1910. He himself predicted this in 1909, when he said: „I came in with Halley's Comet in 1835. It is coming again next year, and I expect to go out with it.”

### **5.4.**

While American novelist Anne Parrish was browsing bookstores in Paris in the 1920s, she came upon a book that was one of her childhood favorites – Jack Frost and Other Stories. She picked up the old book and showed it to her husband, telling him of the book she fondly remembered as a child. Her husband took the book, opened it, and on the flyleaf found the inscription: „Anne Parrish, 209 N. Weber Street, Colorado Springs”. It was Anne's very own book.

### **5.5.**

As the inhabitants of Ruthwell, Dumfriesshire, were watching a scene in the film Around the World in 80 Days, where a hot air balloon was about to take off, their TV sets went off due to a power cut. Nearby power lines had been damaged, because a hot air balloon had crashed into them.

*adapted from: [www.2spare.com](http://www.2spare.com); [www.listverse.com](http://www.listverse.com); [www.buburuza.net](http://www.buburuza.net)*

## **Zadanie 6.**

### **WHY DO WE DREAM?**

The human brain is a mysterious little ball of gray matter. After all these years, researchers are still baffled by many aspects of how and why it operates like it does. Scientists have been performing sleep and dream studies for decades now, and we still aren't 100 percent sure about the function of sleep, or exactly how and why we dream. We do know that our dream cycle is typically most abundant and best remembered during the REM stage of sleep. It's also pretty commonly accepted among the scientific community that we all dream, though the frequency in which dreams are remembered varies from person to person.

The question of whether dreams actually have a physiological, biological or psychological function has yet to be answered. But that hasn't stopped scientists from researching and speculating. There are several theories as to why we dream. One is that dreams work hand in hand with sleep to help the brain sort through everything it collects during the waking hours. Your brain is met with hundreds of thousands, if not millions of inputs each day. Some are minor sensory details like the color of a passing car, while others are far more complex, like the big presentation you're putting together for your job. During sleep, the brain works to plow through all of this information to decide what to hang on to and what to forget. Some researchers feel like dreams play a role in this process.

It's not just a stab in the dark though – there is some research to back up the ideas that dreams are tied to how we form memories. Studies indicate that as we're learning new things in our waking hours, dreams increase while we sleep. Participants in a dream study who were taking a language course showed more dream activity than those who were not. In light of such studies, the idea that we use our dreams to sort through and convert short-term memories into long-term memories has gained some momentum in recent years. Another theory is that dreams typically reflect our emotions.

During the day, our brains are working hard to make connections to achieve certain functions. Some scientists have proposed that at night everything slows down. We aren't required to focus on anything during sleep, so our brains make very loose connections. It's during sleep that the emotions of the day battle it out in our dream cycle. If something is weighing heavily on your mind during the day, chances are you might dream about it either specifically, or through obvious imagery. For instance, if you're worried about losing your job to company downsizing, you may dream you're a shrunken person living in a world of giants, or you're wandering aimlessly through a great desert abyss.

We know that the rear portion of our brain gets pretty active during REM sleep, when most dreaming occurs. Some think that it's just the brain winding down for the night and that dreams are random and meaningless firings of the brain that we don't have when we're awake. The truth is, as long as the brain remains such a mystery, we probably won't be able to pinpoint with absolute certainty exactly why we dream.

*adapted from <http://science.howstuffworks.com>*