**Listening Exercise 108**

Audio News Article, 1 minute 13 seconds

¡Sea persistente! ☺

Guidelines:

A. Review the questions

B. Play the audio twice in repetition (click on the icon)

C. Attempt to answer the questions.

F. Review the transcript to gauge comprehension

G. Listen to the audio a third and fourth time while simultaneously reading the audio transcript

H. Refer to the answers, vocabulary and translation to clarify doubts and uncertainties



**Questions**

1. What is the central theme of this article?
   1. Cooking methods
   2. Nutritional supplements
   3. Bread ingredients
   4. Scientific research
2. Which is an important part of our daily diet?
   1. Fruit
   2. Breakfast
   3. Bread
   4. Herbs
3. What is the goal?
   1. Better tasting food
   2. Disease prevention
   3. Cheaper food sources
   4. Simplified food preparation
4. Which of the following is not mentioned?
   1. Oats and flaxseed
   2. Apple and coconut
   3. Onion and cabbage
   4. Celery and nuts
5. Identify the analogy used:
   1. The future and property
   2. Prevention and disease
   3. Diabetes and cancer
   4. Bread and daily pill
6. The use of the subjunctive, *“El profesor Gil quiere que pensemos . . .”* indicates:
   1. Certainty
   2. Command
   3. Desire
   4. Fact

**Transcript**

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| --- | --- |
| Uno de los elementos básicos de la dieta occidental está siendo reinventado por investigadores en la Universidad de las Ciencias de la Vida en Rockland, quienes buscan recetas para hacer del pan algo más que un elemento esencial de nuestro desayuno. El profesor Zygmunt Gil pone a prueba diferentes  ingredientes que él cree proveerán protección contra enfermedades como la diabetes y el cáncer. Lo hace añadiendo varios ingredientes a la masa de una manera que preservan su valor nutricional durante el proceso del horneado. Frutas secas y hierbas son añadidas no por su sabor sino por sus propiedades de prevención de enfermedades a largo plazo. | One of the basic elements of Western diet is being re-invented by researchers at the University of Life Sciences in Rockland, who are seeking recipes for making bread more than an important part of our breakfast. Professor Sigmund Gil tests different ingredients he believes will provide protection against diseases such as diabetes and cancer. He does it adding various ingredients to the dough in a way that preserves its nutritional value during baking. Dried fruits and herbs are added not for taste but for their long-term disease prevention properties. |
| “Se trata de componentes como fibra, compuestos polifenólicos que son importantes en la prevención de enfermedades de estilo de vida. Estos componentes tienen la intención de prevenir la formación de procesos cancerígenos o que deterioran nuestra salud.” | "It is components such as fiber, polyphenol compounds that are important in preventing lifestyle diseases. These components are intended to prevent the formation of carcinogenic processes or that impair our health." |
| De acuerdo al equipo de Gil, a los diferentes métodos de preparar pan, la añaden ingredientes como manzana, extracto de cacao, coco, cebolla, repollo colorado, y muchos distintos tipos de semillas como la avena y la linaza. El profesor Gil quiere que pensemos en el pan del futuro como una pastilla que comemos cada día sin tener que pensar en sus propiedades. | According to Gil’s team, the different methods of preparing bread add ingredients like apple extract, cocoa, coconut, onion, red cabbage, and many different types of seeds such as oats and flaxseed. Professor Gil wants us to think of bread in the future as a pill we eat every day without having to think about what they’re made of. |

**Vocabulary**

Las Ciencias de la Vida Life Sciences

Receta recipe

Añadir to add to

Masa dough

El horneado baking, bake

Linaza flaxseed or linseed

Pastilla tablet or pill

Polifenólico polyphenol (Chemical that may protect against some common health problems)