Voorbeeldexamen MBO 2021-2022: Engels B1  
Tekstdocument

Examenduur: 90 minuten + toegestane verlenging.

Het examen bestaat uit:

- 9 teksten (5 leesteksten en 4 kijk- en luisterteksten)

- 40 vragen

Bij dit tekstdocument horen een vragendocument en een antwoordblad.

In het tekstdocument staan de 5 leesteksten.

In het vragendocument staan eerst de vragen over de leesteksten en daarna de vragen over de kijk- en luisterteksten met hyperlinks naar de betreffende fragmenten.

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# Algemene instructie

- Je mag zelf bepalen in welke volgorde je het examen maakt.

- Let op dat je alle vragen maakt. Een vraag die niet beantwoord is, is fout.

- Je kunt een fragment zo vaak afspelen als je wilt.

- De aantekeningen op kladpapier moet je na het examen inleveren of van de computer verwijderen.

- Je mag woordenboeken gebruiken.

- Na het beantwoorden van de vragen lever je het antwoordblad in of laat het printen.

# Leestekst 1. How to use the Kelly Kettle

Deze tekst hoort bij vraag 1 t/m 4.

Je gaat met een groep op survivaltocht.

Jullie hebben een ketel waarmee je water kunt koken, een zogenoemde Kelly Kettle.

Lees de tekst om te leren hoe je deze ketel kunt gebruiken.

**paragraph 1**

The Kelly Kettle will boil water in 3 to 5 minutes, in all weather conditions, using virtually any fuel you can find ... making it a vital piece of Camping Equipment for anyone who enjoys the outdoors.

Available in Aluminium or Stainless Steel, the Kelly Kettle is essentially a double-walled chimney with the water contained within the chimney wall. Once the camp kettle is filled with water, simply start a very small fire in the base, set the kettle on the base and drop additional fuel down the chimney (natural environmentally friendly fuels such as twigs, leaves, grass, paper, dry-animal dung, etc.!).

The large internal surface area of the chimney heats the water extremely fast, so very little fuel is required. The fire is all safely contained within the fire-base and the chimney of the kettle itself so, a) strong wind and rain do not interfere with the fire and b) the kettle is safe to use in many areas where open fires are not suitable. Within a matter of minutes, the water will come to a rolling boil. It really is that simple! The Kelly Kettle is easy to use.

**paragraph 2**

To start with, remove the fire base from the bottom of the kettle and place the base on level ground - flat side down.

1. Remove protective cork/stopper from the kettle and fill the kettle with water. Do not replace the stopper/cork - the water spout must be free from **all** obstructions when the kettle is in use. (Note: If you do not need to carry water in the kettle, we recommend that the stopper/cork be removed entirely from the kettle as this will ensure that the kettle is not misused.)

Then place the kettle securely on the base. Additional fuel (small sticks, pine cones, etc.) can now be dropped down the chimney of the kettle.

2. Fill the base with combustible material such as newspaper, dry grass or very small tinder. Add some kindling on top of the tinder.

3. Light fire through the hole(s) in the side of the base and face the hole(s) into the wind for extra draft if required.

4. Insert additional fuel through the chimney top as required.

5. When the water boils, use both hands to hold the wire handle at a 90° angle to the body of the kettle (the wire handle will be cool to touch), then lift the kettle clear of the base. Once clear of the base, the kettle can be carried around camp like a bucket if needs be. To pour, simply hold the handle in one hand and lift gently on the chain with your other hand.

If additional water is required, simply refill the kettle with water and place it back on the base when the fire is still burning. Refill the chimney with fuel and you can look forward to a second kettle full of boiling water within a matter of minutes!

When you have finished using your kettle, empty it of all water and store it in a dry place. When in storage, the stopper/cork should be left out of the spout to allow air to circulate through the water chamber.

**paragraph 3**

**Warning:**

- Always remove the stopper/cork before lighting the kettle. The stopper/cork is only to be used for transporting cold water. The kettle is not designed to replace your water bottle and should be carried upright when filled with water.

- Boiling the kettle with **any** obstruction in the water spout can result in a serious burn for the user or others in close proximity.

- Never hold the handle above the chimney when the kettle is lit as it can result in a burn for the user.

- Never place the kettle on the fire unless the water chamber is full & do not allow the kettle to boil dry.

- Always keep children away from the kettle when in use.

- Use surplus water to extinguish fire.

Because of its ease of use, speed, reliability, and the availability of **free** fuel everywhere ... the Kelly Kettle has fast become an essential piece of camping equipment for Scouts, Fishing & Hunting, Kayaking, Emergency Preparedness or simple family picnics. Is this essential camping equipment? Thousands of satisfied Kelly Kettle users all around the world certainly think so. Make the Kelly Kettle part of your family's Camping tradition today!

Kelly Kettle - Outdoor Life Enjoyed

# Leestekst 2. Visualize exercise, prevent muscle loss

Deze tekst hoort bij vraag 5 t/m 8.

Als je een arm of been in het gips hebt, wil je daar zo snel mogelijk weer van af.

Lees hoe de wetenschap je daarbij kan helpen.

**paragraph 1**

If you've ever broken an arm or a leg, you know that when the cast finally comes off, your long-immobilized limb looks puny and doesn't have half the strength that it did pre-break. The reason for this is fairly obvious: when muscles don't get worked, they lose strength. But according to a new study, your brain also plays a role in muscle strength - both in gaining and losing it - and you may even be able to prevent a significant amount of strength loss with thoughts alone.

**paragraph 2**

Researchers convinced 29 healthy volunteers to wear rigid elbow-to-finger casts for four weeks. Half of the group was told to do nothing, while the others were instructed to imagine they were contracting their immobilized wrist (as if they were pushing their hand really hard against a flat surface) for five seconds and then relaxing it for another five. These people weren't actually moving their wrists (they couldn't); they were simply imagining how it would feel if they were. They did this mental contract-relax exercise four times in a row, then rested for one minute. The volunteers repeated this sequence a total of 13 times per session, doing five sessions per week for four weeks straight.

**paragraph 3**

When all of the participants' arms were freed from their casts after four weeks, everyone had lost strength in their wrist flexor muscle. However, the cast-wearers who did not do any mental exercises lost 45 percent of their strength, nearly double compared to the group that imagined moving their wrists. Additionally, those who performed the mental exercises also regained voluntary activation - the nervous system's ability to fully activate the muscle - more quickly than the other group.

**paragraph 4**

"The nervous system controls muscles, so imagery helps maintain neural pathways and remember how to do a task effectively," says lead researcher Brian Clark. "Basically, imagery helps the brain remember how to activate the muscles. We see this all the time when people are learning a task, such as swinging a baseball bat. They're usually not very good at it at first, but then they get progressively better." That improvement, he says, stems in part from the muscles getting physically stronger, but also because the brain and muscles have fallen into sync. The muscles have essentially remembered how to properly swing the bat so that it connects with the ball.

**paragraph 5**

Clark says many sports psychologists are already helping injured professional and college athletes to use mental imagery to reduce strength loss. But before his study, no previous research had demonstrated just how effective this tactic could be.

**paragraph 6**

He believes mental imagery should work to preserve strength in most any out-of-order muscle, but it's important that you do it correctly. "There are different types of imagery," Clark says. "The differences are subtle, but they make a big difference in terms of which part of the brain is activated. What we're talking about here is not creating a picture of yourself doing the contracting and relaxing and then watching yourself from a third-person perspective. Rather, you must actually urge your body to perform these motions, without actually doing them, and try to feel what they would feel like. We had our volunteers practice these motions before their arms were put into casts, so once they were immobilized, their muscles would know what to do."

# Leestekst 3. Controlled parking zone

Deze tekst hoort bij vraag 9 t/m 12.

Je tante in Engeland vraagt je hulp bij het lezen van de brief van de gemeente over de parkeersituatie in haar straat.

Lees de brief die ze heeft ontvangen.

Dave Oxley/Liam Mulrooney

Traffic and Transportation

P.O. Box 52 Civic Centre,

Silver Street, Enfield, EN1 3XD

020 8379 3553/3550

Dear Owner/Occupier,

**Possible Controlled Parking Zone - North Middlesex Hospital Area**

I am writing to you to hear your views on the possibility of a Controlled Parking Zone (CPZ) to prevent parking by staff and/or visitors who use North Middlesex Hospital. I would be grateful if you would read this letter and let us know your opinion.

**Background**

Over a period of many years residents living in roads close to the North Middlesex Hospital have suffered from parking problems caused by staff and/or visitors. The Council has dealt with similar problems in other areas by introducing permit parking schemes which allows only local residents or businesses to park their vehicles in each road.

The Council would like to know whether local people are in favour of introducing a CPZ in roads around North Middlesex Hospital before any further design work and consultation is carried out.

**Existing CPZs**

Existing CPZ schemes throughout the area operate either Monday to Friday or Monday to Saturday for the whole day from 8 a.m. to 6.30 p.m., or for one hour during the day e.g. 11 a.m. to 12 noon or 1 p.m. to 2 p.m. Both types of CPZ are very effective in helping residents park close to their homes.

**How would a CPZ work?**

A CPZ in your area would consist of a combination of permit parking bays for residents and businesses along with yellow lines to prevent obstructive parking. Each resident or business would purchase a permit to display in their vehicle to allow them to park legally during the operational hours of the scheme. Residents would also get permits for their visitors who would also park in the permit bays. Anyone parking in the area without a permit would be liable to receive a penalty charge notice.

Anyone who has their own driveway or garage would not need to buy a permit provided that their vehicle is kept off the road during the operational hours.

**What type of CPZ?**

The hospital is busy at all times and a CPZ would need to operate every day of the week. There are several options for the hours that the controls could apply, including:

- two 1-hour periods (1 period in the morning and 1 period in the afternoon, e.g. 10-11 a.m. and 2-3 p.m.)

- all day period (8 a.m.-6.30 p.m.)

**How much would parking permits cost?**

It is necessary to pay to make the scheme possible, which is essential to make the controls effective. At the present cost of permits for 1-hour period and all day CPZs are set out below. Although no charge has yet been set for a CPZ covering two 1-hour periods, it is likely to be slightly higher than the 1-hour permit because of the additional enforcement costs.

Residents permit 1-hour period: £30/year

Residents permit all day period: £70/year

Business permit 1-hour period: £60/year

Business permit all day period: £750/year

**Do you want permit parking in your road?**

I would welcome your views on whether you would wish to see this type of scheme in your road before the Council takes any further action.

You can either complete the postal survey that we recently sent to you or complete the online questionnaire. The closing date is Monday, 8 March.

The Council will not make any changes to your road without further consultation and so no immediate action will be taken as a result of your reply, but it would be extremely helpful if you could give the Council your views.

**Further information**

Please contact Dave Oxley on 020 8379 3553 or Liam Mulrooney on 020 8379 3550 if you would like to discuss any of the above in more detail.

Yours faithfully,

Dave Oxley

Traffic and Transportation Services

# Leestekst 4. Seven ways Bedouins can teach us to stay cool in summer

Deze tekst hoort bij vraag 13 t/m 16.

Je gaat op vakantie naar Dubai, waar het in de zomer warmer dan 40° Celsius kan worden.

Op de website van een bedrijf dat woestijntours organiseert, lees je over manieren om koel te blijven in de hitte.

You don't need to stand outside for very long under Dubai's smoldering midday sun before you realize that Bedouins (= Arab people that traditionally live in tents in the desert) are tough people. However, the more we started asking local Bedouins about how they survived the harsh Arabian summers, the more we realized that this toughness came with a healthy dose of intellect and a thorough understanding of their environment. Luckily, we have learnt a lot from our Bedouin friends about keeping cool in summer. We, the Platinum Heritage luxury tours and safaris, have adapted to their ways.

**paragraph 1. Travel time**

**Ancient technique:** The first and most obvious technique was to avoid the heat of the day altogether. Bedouins would seek shade on top of a dune to catch any passing winds and remain cool during the day. Travel was then conducted at night, using the stars and significant landmarks for navigation.

**Platinum Heritage adaption 1:** We have adopted this principle by avoiding the heat of the day. We are able to do this by delaying the pick-up from hotels during the hotter months. Arriving just before sunset, our wildlife drives are conducted during the "Golden Hour". This is the hour prior to sunset when the heat of the day dissipates, animals start to move around and photography becomes rich and full of contrast. Once the sun sets in the desert, the temperature drops dramatically and is on average, 13 degrees Celsius cooler than daytime temperatures.

**Platinum Heritage adaption 2:** Our guests have discovered how comfortable the desert can be while participating in our Night Safari & Stargazing safaris. Wandering through the desert at night is the perfect way to explore the great outdoors during the summer months.

**Platinum Heritage adaption 3:** Reviewing the Platinum Heritage website, you may have wondered why the Wildlife Safari and Breakfast with the Bedouin and Wildlife and Falconry Tours are not operational during the summer months. Simply put, it is uncomfortable to be sitting still in the open during daylight hours, even early in the morning.

**paragraph 2. Camp location**

**Ancient technique:** The Bedouin would build their camps on the top of dunes for many reasons; to catch any cool winds, to avoid low areas susceptible to flash floods, to keep watch on approaching tribes, and to avoid snakes and scorpions which prefer low lying brush.

**Platinum Heritage adaption:** Platinum Heritage has constructed the industry's first camp sitting on top of a dune. Other safari companies build in a "pocket" in order to protect against heavy winds. However, this comes with the disadvantage of being very hot in summer and very cold in winter. Not to mention that they become the unwilling home to lots of creepy crawlies like spiders, scorpions and snakes which prefer low lying areas. We can avoid this and take advantage of the cool afternoon breeze, using nature's natural air-conditioning.

**paragraph 3. Head cover**

**Ancient technique:** The Bedouin would cover their heads to protect from sunburn and used to cover their faces in case of sand storms.

**Platinum Heritage adaption:** We provide Ghutras to our guests so they can take advantage of what the Bedouin have known for generations. This comes in handy when driving in the open top 1950s Land Rovers.

**paragraph 4. Clothing**

**Ancient technique:** Scientists were surprised to learn that Bedouins would wear black during the day. After conducting numerous experiments including wearing loose white clothing, loose dark clothing, an army uniform and shorts with no shirt; the scientists concluded that both black and white loose clothing was the most effective way to stay cool under the sun. While the white colors reflected the sun, the black were best at absorbing body heat.

**Platinum Heritage adaption:** Many of our guests are surprised that our summer uniform is black. For comfort, we recommend loose black or white clothing to our guests.

**paragraph 5. Henna**

**Ancient technique:** Bedouins would use henna under their eyes to protect against the glare of the sun.

**Platinum Heritage adaption:** Now used for cosmetic purposes, when was the last time you had the chance to participate in a 4,000-year-old tradition?

**paragraph 6. Water**

**Ancient technique:** Water was the lifeblood of the desert. Even within living memory, many Bedouins tell us that water wells were like modern petrol stations of today. Used to refill and navigate across the desert. Terracotta pots elevated off the ground took advantage of wind flow to keep the pots cold.

**Platinum Heritage adaption:** Water is always in abundance on a Platinum Heritage safari. Using the same traditional terracotta pots, we store our water in these pots at both our sunset spot and our camp.

**paragraph 7. Hot drinks/soup**

**Ancient technique:** Bedouins knew that drinking a hot drink or soup would help to keep them cool. Scientists from the University of Ottawa's Thermal Ergonomics Laboratory only recently were able to prove this theory. In environments where there is low humidity, hot drinks trigger a sweat response which naturally cools the body. Cold drinks have the opposite effect, cancelling out the cooling benefits of the drink.

**Platinum Heritage adaption:** Understanding the theory behind the Bedouin techniques, we serve a hot Arabic coffee on arrival to our camp. Our first dinner course is a hot, traditional Shorbat Adas soup. For the remainder of the night, our guests can enjoy the light breeze coming through the camp (see paragraph 2) with a light sweat using their bodies' natural cooling system.

**paragraph 8. Cold towels**

**Ancient technique:** None available.

**Platinum Heritage adaption:** This is where technology is helping life in the desert. Platinum Heritage uses ice-cold biodegradable towels to keep our guests cool.

# Leestekst 5. How to prepare a vegan meal

Deze tekst hoort bij vraag 17 t/m 20.

Er komt iemand bij je eten die veganist is en dus niets eet of drinkt waar dierlijke producten in verwerkt zijn.

Je gaat op internet op zoek naar ideeën voor een geschikte maaltijd.

**Cooking for a vegan as a meat-eater doesn't need to be as scary as it may initially sound. Here are a few tips to help you not only get it right but to totally impress your guest.**

Dinner party trends come and go. There was fondue in the 70s, prawn cocktail in the 80s and a sea of salad recipes in the 90s. However, there is one trend that has been quietly growing since the 1980s and has really taken off since the year 2000 and it looks well and truly here to stay; and that's veganism.

Years ago, if you had a vegan coming for dinner you'd probably just have given them a salad, but times are changing and now if you find you have a vegan coming for dinner you will need to do more than that... Here are six top tips from Louise Palmer-Masterton, founder of multiple award-winning restaurant Stem + Glory.

**Tip 1. Make it delicious**

Nature has given us a fifth taste - umami - which means "deliciousness". Often it's the umami in food that makes it "mouth-watering". Italian food is generally rich in umami and a great choice to veganise if you are new to vegan cooking. Tomato paste is very high umami as are olives, olive oil and sun-dried tomatoes. If you're feeling a little more adventurous, Japanese food is also rich in umami and easy to veganise.

If you feel like going for a classic meal, there are a huge number of vegan burger recipes out there. Add eggless mayo, pickles (high umami), ketchup (high umami) to a meat-free burger. Toasted seeds and many spices are also high umami and can be used as one pleases.

**Tip 2. Dream up your ideal menu and then veganise it**

OK, this might not work if you were planning steak and chips, but say you were planning Indian, Italian, Asian or Middle Eastern - pretty much any style of cuisine works actually. Collect the recipes of your favourite meals and then google a vegan version. There are stacks of vegan recipes online and you can literally put in your ingredients, then add "vegan" and "recipe" and you'll find something.

**Tip 3. Visit your local health store**

If you are not such a keen cook, get down to the health food shop and stock up. You can get vegan alternatives to almost anything now. For example, vegan mayonnaise is easy to make, but there are a number of off-the-shelf versions that are really tasty. There is even vegan cheese, plenty of plant-based milks and creams too (made from soya, coconut, oats, rice, almond, cashew...) so even dessert is easy to veganise.

**Tip 4. Start reading packets**

As a non-vegan, you probably don't know whether the products that you have in your kitchen cupboard are vegan or non-vegan. Even now, with veganism on the rise, packets are usually labelled "vegetarian" but not necessarily "vegan". It has been helped by recent changes to the law that allergens have to be written in bold, so it's quite easy to scan ingredients lists for eggs and dairy which are the main wrongdoers. So be really careful what you use.

**Tip 5. Search out vegan wine/beer**

Co-op is the best supermarket for vegan wine labelling and there is a really good website which lists all vegan wine, beer and spirits you can buy in the supermarkets. Your dinner guest will really appreciate that you have done this research.

**Tip 6. Don't forget dessert**

Eating out in a non-vegan restaurant and finding a vegan dessert is almost impossible. The best you'll find usually is a fruit salad! So here's your chance to shine with your vegan dinner guest.

Raw cheesecake is super delicious and really easy to make. It's usually made with cashew nuts, and my favourite is raspberry or chocolate. You literally just blend all the ingredients and pour over a crust made from nuts and dried fruits. That's for a completely raw version, but you can also buy vegan digestive biscuits (Doves Farm brand - get them on your trip to the health food shop). Mix crushed digestives with melted coconut oil for a more traditional cheesecake crust.

**Conclusion**

Cooking vegan is easy, a lot easier than you think. It's also cleaner, healthier and a more environmentally-friendly way to live. Accept the challenge of veganising your menu. Remember to add high umami vegan flavours and you'll be on track to produce a delicious and satisfying meal, and your guest will leave super impressed.

Dit is het einde van het tekstdocument.