

GIMNAZIJA CELJE – CENTER

KOSOVELOVA ULICA 1

3000 CELJE

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VAJE IZ BESEDIŠČA IN BESEDOTVORJA V ANGLEŠKEM JEZIKU

Strokovno gradivo za učitelje angleškega jezika v programu

Splošna gimnazija in Umetniška gimnazija

Celje, junij 2025

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UVODNA BESEDA

V zadnjih letih se vse pogostejše srečujemo z ugotovitvijo, da se mladim, tudi zaradi vseprisotnih pametnih telefonov, poplave aplikacij in platform za gledanje serij ter filmov, predvsem pa izrazito kratkih videov, krajša koncentracija, kar potrjujejo tudi številne raziskave o bralnih navadah in zmožnostih mladih. Ena takih raziskav opozarja, da mladi vse redkeje posegajo po daljših besedilih, kar vpliva ne samo na njihovo zmožnost razumevanja zahtevnejših vsebin, ampak tudi na širino besedišča in sposobnost tvorjenja novih besed, nenazadnje pa tudi na kritično mišljenje. Prav zato sem pripravila to strokovno gradivo, ki se osredotoča na besedotvorje v angleščini, a hkrati mlade spodbuja k branju daljših besedil resnega časnika in premišljenemu razumevanju zapisanega. Članki so prav z namenom privajanja na daljša, resna in kritična besedila razvrščeni od najkrajšega do najdaljšega.

Besedotvorje je področje jezika, ki ga pogosto jemljemo kot samoumevnega, a prav skozi razumevanje, kako nastajajo nove besede, kako se pomen širi ali spreminja, dijaki poglobljajo svoj odnos do tujega jezika. Ob tem jim daljša besedila ponujajo priložnost, da se učijo vztrajnosti, razvijajo pozornost in krepijo sposobnost kritičnega branja, pa tudi natančnosti pri zapisovanju. V gradivu boste našli besedila, ki se osredotočajo na aktualne teme, obravnavane tudi pri pouku, in z njimi povezane naloge, pri katerih so primeri skrbno in premišljeno izbrani glede na zahtevnost zapisa besede, pripone, predpone in drugega, ob tem pa vas vabijo, da preberete tudi daljše odlomke, ki besedotvorne procese postavljajo v širši kontekst.

Upam, da vam bo gradivo pomagalo ne le pri razumevanju angleškega jezika in širjenju besedišča, ampak tudi pri ponovnem odkrivanju veselja do branja – saj je prav zbranost ob besedilu ena najpomembnejših veščin, ki jih potrebujemo za uspeh v šoli in življenju.

Avtorica

Urška Petrič Les, prof.

1.

prirejeno po:

<https://www.newyorker.com/culture/infinite-scroll/tiktok-and-the-retreat-from-technological-globalization>

a) Insert the correct forms of the missing words.

<p>TikTok and the Retreat from Technological Globalization</p> <p>Global technology companies are becoming table stakes in the struggle to establish whatever new world order is emerging.</p> <p>By Kyle Chayka April 9, 2025</p> <p>On January 18th, at around 10:30 P.M, the social platform TikTok went dark in the United States. It remained _____ (AVAILABILITY) to American users for a grand total of about fourteen hours. Then it reappeared. Thus far, that brief shutdown marks the extent of the consequences that TikTok and its Chinese parent company, ByteDance, have suffered in the months since Joe Biden signed a law, last April, mandating that the platform be sold, at least in part, to American stakeholders, or else be banned in the U.S. Just before Donald Trump’s _____ (INAUGURATE), he began reassuring TikTok, and the tech companies that support it, that he would not enforce the ban—though his first Administration had been the one to _____ (INITIATIVE) a crackdown on the app because of its influence by the Chinese government. On January 20th, Trump issued an _____ (EXECUTE) order to effectively extend TikTok’s deadline by seventy-five days; last week, on April 4th, he extended it by another seventy-five days. The second _____ (EXTEND) puts to rest any idea that TikTok will disappear again, and makes some kind of business arrangement to preserve its U.S. presence appear all but inevitable. ByteDance and the U.S. government had _____</p>	<p>unavailable</p> <p>inauguration</p> <p>initiate</p> <p>executive</p> <p>extension</p>
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<p>(REPORT) been nearing a deal that was slated to be announced last week. According to the Times and other outlets, it would have involved the American database company Oracle and tech-investment firms, perhaps including Andreessen Horowitz and Susquehanna, the latter of which is already a stakeholder in ByteDance. Those companies would take larger stakes in an American spinoff of TikTok, bringing its portion of direct Chinese _____ (OWN) under the twenty-per-cent threshold required by the 2024 law. But Trump's announcement of steep global tariffs last Wednesday, on what he dubbed his Liberation Day, deterred the Chinese parties from finalizing the deal. As of Wednesday, Trump has announced a hundred-and-twenty-five-per-cent tariff on goods imported from China, measures that the Chinese government has described as "_____ (BULLY)."</p> <p>TikTok has become a bargaining chip in an escalating trade war. "China changed the deal because of tariffs," Trump said, while speaking with reporters on Air Force One on April 6th. "If I gave a little cut in tariffs, they'd approve that deal in fifteen minutes." TikTok already existed in a kind of limbo before last week, but now its strange state of in-betweenness is intensified: it is both alive and dead, allowed to persist but technically _____ (LEGAL). Trump, who may have benefitted from its audience's attention during the 2024 election, cannot let it be banned, lest he disappoint his young, extremely online constituency and undermine his reputation for dealmaking. ByteDance, in turn, cannot be seen as _____ (WHOLE) giving in to the President's whims, nor can it _____ (EASY) afford to lose its sizable American user base. For the company to refuse to come to any agreement around a sale or an investment would seem to prove that TikTok's technology is as _____ (INVADE) and susceptible to pressure from the Chinese government as both houses of Congress once agreed that it was.</p> <p>For ByteDance, the potential _____ (LOSE) of millions of loyal U.S. users remains a driving concern that shapes every</p>	<p>reportedly</p> <p>ownership</p> <p>bullying</p> <p>illegal</p> <p>wholly easily</p> <p>invasive</p> <p>loss</p>
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<p>negotiation, making any decision fraught with risk and potential backlash.</p> <p>Over the past few decades, the largest American tech companies have served as forces of globalization. Billions of people around the world began using Google, Facebook, and Apple's iPhones, and the success of those companies seemed to reflect the _____ (DOMINATE) of the U.S. on the world stage. Linguists have even debated the _____ (PRONOUNCE) of "TikTok" as a sign of its global cultural footprint, showing how a simple app has become a marker of soft power. American social networks have played a role similar to that of McDonald's or Starbucks when the chains proliferated internationally and, by the late nineties, came to symbolize expanding U.S. influence. In a 2024 book titled "Machine and Sovereignty," the Hong Kong philosopher Yuk Hui described technological globalization as an era when "modern Western technology becomes a global phenomenon and the common aim of human development." Now governments around the world are attempting to bring these companies to heel, subjugating them to the aims of _____ (NATION) politics rather than allowing their products to spread freely.</p> <p>In recent months, public _____ (ADVOCATE) campaigns have called for more transparency about how the company protects user data, adding another layer of pressure to ByteDance's negotiations with U.S. authorities. Global tech companies are becoming table stakes in the struggle to establish whatever new world order is emerging out of an _____ (FLAME) Europe, a self-secure China, an expansionist Russia, and a United States under Trump, who appears to be willing to sacrifice the interdependence that defined the era of free trade.</p> <p>Despite mounting pressure, ByteDance has shown _____ (RESIST) to any deal that might fully sever its influence over the app's algorithms, defending its technological edge even as lawmakers demand changes. Lawmakers and activists have _____ (PERSIST) warned that failing to limit foreign control could pose long-</p>	<p>dominance pronunciation</p> <p>nationalist</p> <p>advocacy</p> <p>inflamed</p> <p>resistance</p> <p>persistently</p>
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<p>term security threats, arguing that leaving the platform unchecked could have consequences for national _____ (SOVEREIGN). For some critics, TikTok’s popularity makes it all the more _____ (AGREE) as a symbol of China’s reach into American society, turning a harmless-looking app into a flashpoint for debate about _____ (PRIVATE), trade, and global power.</p> <p>The evidence of a retreat from technological globalization goes beyond the TikTok negotiations. According to the Wall Street Journal, Mark Zuckerberg seems to be encouraging Trump to use tariffs to pressure the European Union to back down on its _____ (FORCE) of online data privacy with its Digital Markets Act, which has established _____ (REGULATE) that hurt Meta’s ability to sell advertising there. The notion of “sovereign artificial intelligence”—a nation’s ability to produce A.I. technology without foreign labor or infrastructure—has been popularized by the microchip maker Nvidia and adopted as a goal by various governments, which are investing in _____ (MASS) homegrown data centers. As with military drones or spy satellites, each country aspires to develop A.I. models that it controls outright. A.I. tech, from the consumer level upward, is becoming an increasingly nationalistic project, with products such as Mistral in France and DeepSeek in China challenging the dominance of OpenAI. In the earlier days of the public A.I. race, OpenAI seemed to be to A.I. what Facebook was to social networking: a single American product for everyone on earth. Now it faces real _____ (COMPETE).</p> <p>According to Hui, an alternative to technological globalization is “technodiversity,” a system in which many similar technologies coexist, each with its own _____ (PRIORITIZE) and design. This notion may be threatening to Silicon Valley C.E.O.s, who see their companies as nation-states unto themselves. But it’s not necessarily bad for individual users, who may see an expansion of possibilities in online communication, social media, and artificial intelligence. Hui argued that technodiversity can enable not just more digital competition but manifold ways of living and interacting with one</p>	<p>sovereignty</p> <p>disagreeable</p> <p>privacy</p> <p>enforcement</p> <p>regulations</p> <p>massive</p> <p>competition</p> <p>priorities</p>
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<p>another. The online landscape lately has felt stuck in a deadlock, controlled by a few giant corporations. A “fragmentation,” Hui wrote, could offer a way to “exit the impasse.” That might mean that some social networks don’t function in certain countries, or that an American A.I. model works _____ (DIFFERENCE) from a Japanese one or a French one. The negotiations over the TikTok ban are not _____ (SIMPLE) a referendum on the app’s ability to addict children or to exert covert Chinese influence over an American user base. TikTok is not so unique, or so uniquely potent; an _____ (AMERICA) TikTok will still be just as addicting and just as _____ (MANIPULATE) in service to its new corporate stakeholders. Rather, the battle over TikTok is about both sides trying to maintain a _____ (POLITICS) grip on as much digital technology as possible. ♦</p>	<p>differently</p> <p>simply</p> <p>americanized</p> <p>manipulative</p> <p>political</p>
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b) Answer the questions.

1. What event caused the temporary suspension of TikTok’s services in the U.S., and how long did this pause last?
2. Which legislative action did the Biden administration take regarding TikTok’s ownership, and what was its main requirement?
3. How did Trump’s actions during his second term influence the enforcement of restrictions on the platform?
4. Why did Trump prolong the deadline for TikTok’s sale more than once?
5. What impact did the newly announced import duties have on the negotiations between ByteDance and American companies?
6. How is TikTok being used in the broader context of the economic confrontation between the U.S. and China?
7. In what legal condition does TikTok currently operate in the United States, according to the text?
8. What risks does ByteDance face if it refuses to reach a compromise with American stakeholders?
9. How do some lawmakers interpret TikTok’s link to the Chinese government in terms of information security?

10. What role have large U.S. tech corporations historically played in spreading American influence worldwide?
11. Why is the pronunciation of the word “TikTok” mentioned as evidence of its cultural significance?
12. What does Yuk Hui’s idea of “technodiversity” suggest about how technology could evolve worldwide?
13. How are governments trying to reduce the unchecked expansion of international tech firms today?
14. What additional public demand is increasing pressure on ByteDance besides political negotiations?
15. How does Trump’s approach to tariffs reflect a move away from the previous era of unrestricted trade?
16. Why might Zuckerberg support tariffs against the European Union, according to the article?
17. What is meant by “sovereign artificial intelligence,” and why is it becoming an objective for many countries?
18. How does the emergence of local A.I. alternatives in Europe and Asia challenge American dominance in this field?
19. In what way could technological fragmentation benefit everyday internet users, according to Hui?
20. What broader issue does the fight over TikTok reveal about the global contest for control of digital technologies?

2.

prirejeno po:

<https://www.newyorker.com/news/the-lede/donald-trump-bombs-iran-and-america-waits>

a) Insert the correct forms of the missing words.

<p style="text-align: center;">Iran, and America Waits</p> <p style="text-align: center;">The U.S. strikes were unprecedented, and the repercussions are impossible to predict.</p> <p style="text-align: center;">By David Remnick June 22, 2025</p> <p>The United States joined Israel in its war against the Islamic Republic of Iran on Saturday night as American President Donald Trump ordered _____ (BOMB) to destroy three key _____ (NUCLEUS) sites. Just before 8 P.M., Trump went on Truth Social to deliver the news:</p> <p>We have completed our very _____ (SUCCEED) attack on the three Nuclear sites in Iran, including Fordow, Natanz, and Esfahan. All planes are now outside of Iran air space. A full payload of BOMBS was dropped on the _____ (PRIME) site, Fordow. All planes are safely on their way home.</p> <p>In a brief television address at 10 P.M., Trump declared the operation a “_____ (SPECTACLE) military success” and said the three sites had been “completely and totally obliterated.”</p> <p>In recent days, polls have shown that a _____ (MAJOR) of the American people, including the one of the President’s supporters, opposed going to war with Iran. By ordering these strikes, Trump acted without _____ (CONGRESS) approval and in contradiction to his campaign promise to avoid the kind of _____ (DISASTER) situations experienced in Iraq, Libya, and Afghanistan. I recently wrote a piece reviewing many of the</p>	<p>bombers</p> <p>nuclear</p> <p>successful</p> <p>primary</p> <p>spectacular</p> <p>majority</p> <p>congressional</p> <p>disastrous</p>
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<p>dangers and possibilities that could follow an American bombing in Iran. After hearing the news, I immediately called one of the country's most _____ (KNOW) experts on Iran, Karim Sadjadpour. He is a _____ (SCHOOL) at the Carnegie Endowment for International Peace and worked as an _____ (ANALYSE) with the International Crisis Group in Tehran, from 2003 to 2005.</p> <p>The latest from Washington and beyond, covering current events, the economy, and more, from our _____ (COLUMN) and _____ (CORRESPOND).</p> <p>"I'm in shock," Sadjadpour told me, about ten minutes after Trump's announcement. "I'm sitting here watching this on CNN and trying to see the reaction on Persian-language Twitter."</p> <p>"This is _____ (PRECEDE), dropping a thirty-thousand-pound bomb," he continued. "Anyone who has observed the last two decades of history in the Middle East would think hard about _____ (LEASH) such an attack. You would want to think several steps ahead, and there is no evidence that the President has done that. His tweet and his public comments have given the impression that this is the end of war and the commencement of peace, but I suspect the Iranians think _____ (DIFFER). They have a program on which they have spent hundreds of billions of dollars. The regime—perhaps not the people, but the regime—takes pride in that and now it is destroyed. No _____ (DICTATE) wants to look emasculated and humiliated in the eyes of its own people."</p> <p>The question now is how Iran will respond. "If the Ayatollah [Ali Khamenei] responds weakly, he loses face," Sadjadpour said. "If he responds too strongly, he could lose his head."</p> <p>"A lot of the options that they have for retaliation are the _____ (STRATEGY) equivalent of a suicide bombing," he went on. "They can do enormous damage to our embassies. They might mine the Strait of Hormuz. They can continue missile barrages against Israel. They can attempt to do real damage to the world economy, though the regime might not survive the blowback. And</p>	<p>knowledgeable</p> <p>scholar</p> <p>analyst</p> <p>columnists</p> <p>correspondents</p> <p>un-</p> <p>precedented</p> <p>unleashing</p> <p>differently</p> <p>dictatorship</p> <p>strategic</p>
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<p>once things begin, the consequences can become _____ (CONTROL), spiralling far beyond anyone's plans."</p> <p>In the past couple of weeks, Israeli intelligence and bomber pilots have wiped out much of the _____ (UP) echelons of the Iranian security establishment, along with the country's top nuclear _____ (SCIENCE). The Islamic Revolutionary Guard Corps is still in place, however, and, according to _____ (NUMBER) analyses, they are likely to fill any power vacuum, at least in the short term. But the truth is, Sadjadpour said, the events of the coming days and months will be hard to predict, and in the fog of conflict, _____ (FALSE) often spreads faster than facts.</p> <p>Will the Israelis or Americans ever come forward with hard, convincing evidence about the Iranian nuclear threat and its timing? Not for the first time, Benjamin Netanyahu asserted that the threat was _____ (IMMINENCE) and acted on it, and yet he did not provide the public with clear evidence of Iran being close to obtaining a nuclear weapon. Nor did Trump. Israel and the United States have now set back Iran's nuclear program as never before. And yet, if this regime survives, it could well make a secret effort in the future to produce or obtain an atomic weapon as deterrence against a repeat of the strikes that have just taken place.</p> <p>"Will we look back and say this prevented an Iranian bomb or insured one?" Sadjadpour said. "_____ (SIMILARITY), have we hastened the demise of the regime, or have we entrenched it? The modern history of the Middle East does not give _____ (FAVOUR) answers to these questions. Iran is in a unique situation. It's plausible that the _____ (REVOLUTION) Guard commanders will look at the Supreme Leader, Khamenei, and say, 'You have led us to ruin. We have been the most sanctioned and isolated country in the world, and now your nuclear program is destroyed and we are humiliated. It is time to move aside.' "</p> <p>Khamenei is eighty-six, and has been in power since 1989. "He's one of the longest-serving dictators in the world—you don't get to be that by being a gambler," Sadjadpour said. "He has instincts for</p>	<p>uncontrollable</p> <p>upper</p> <p>scientists</p> <p>numerous</p> <p>falsehood</p> <p>imminent</p> <p>similarly</p> <p>favourable</p> <p>Revolutionary</p>
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<p>their sins.” It is this kind of rhetoric that has won the _____ (APPROVE) of the isolationist strain of the MAGA movement and the Republican Party, including Steve Bannon and Tucker Carlson. Trump’s action in Iran on Saturday night will inevitably _____ (ALIEN) that faction as it earns praise from the likes of Fox News commentators such as Mark Levin and Sean Hannity, as well as Senators Ted Cruz and Lindsey Graham.</p> <p>“Trump came to the _____ (PRESIDENT) with a Nixon-goes-to-China idea where Iran is concerned,” Sadjadpour said. “He wanted to build hotels there. And now he has dropped a thirty-thousand-pound bomb. He was frustrated that he hadn’t solved Gaza or Ukraine. The nuclear deal that Obama worked out with Iran and the rest, the J.C.P.O.A., was a two-year-long negotiation. He had no patience for that. And when Khamenei wasn’t agreeing to his terms very quickly, and when he encountered Netanyahu’s persistence and Khamenei’s _____ (RESIST), he changed. The morning after the Israeli invasion, Trump wanted to associate himself with that success. He didn’t want Netanyahu alone to have a Churchill moment. He wants to be remembered for destroying nuclear facilities. But it means the next President will be faced with the same challenge.”</p> <p>Although it is true that many Iranians despise the ruling _____ (THEOCRAT), and though it is true that the Iranian people are among the most pro-American in the region, there is no reason to be confident that even the most restive will welcome foreign intervention. And it is unlikely, at least in the short term, that what will follow this regime, if it falls, will be a secular liberal democracy with civil rights for women and _____ (RELIGION) minorities. Regime change is rarely, if ever, regarded as a gift. The C.I.A. and British oil companies helped the Army topple Mohammad Mosaddegh, a popular Iranian Prime Minister, in 1953, and that coup is still part of the political _____ (CONVERSE) in Iran, Sadjadpour said.</p>	<p>approval</p> <p>alienate</p> <p>Presidency</p> <p>resistance</p> <p>Theocracy</p> <p>religious</p> <p>conversation</p>
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<p>“From World War Two to 2010, more than half of authoritarian regimes that fell were followed by other authoritarian regimes, and Iran, in 1979, is just one of many,” he said. “Only a quarter of them led to democracy. And that number was lower if it was triggered by violence or foreign military _____ (INVADE). We should be very wary of the idea that what happened tonight will somehow automatically lead to a democratic Persian Spring.” ♦</p>	<p>invasion</p>
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b) Answer the questions.

1. Why might the consequences of the recent aerial offensive be difficult to forecast?
2. What social media platform did the American leader use to announce the mission?
3. Which locations in Iran were the main focus of the aerial bombardment?
4. How did the President characterize the outcome of the air raids in his televised statement?
5. What do surveys suggest about the American public’s attitude toward conflict with Iran?
6. Which branch of the U.S. government was bypassed when authorizing the strikes?
7. What previous military entanglements did the President promise to avoid repeating?
8. Why did the writer reach out to Karim Sadjadpour immediately after the news broke?
9. What organization is Sadjadpour associated with, and what is his field of expertise?
10. Why does Sadjadpour think the attack was historically unusual?
11. According to Sadjadpour, how might Iran’s leaders perceive the damage to their atomic initiative?
12. What dilemma does Khamenei face if he retaliates either too weakly or too forcefully?
13. What are some potential forms of reprisal Iran might pursue, according to the analysis?
14. Why might Iranian military elites step in to fill any leadership voids?
15. How does the text describe the spread of misinformation during times of conflict?

16. What argument does Sadjadpour present about the lack of concrete proof regarding Iran's atomic threat?
17. What possible outcome does Sadjadpour warn about regarding the long-term effect of the strikes on Iran's nuclear ambitions?
18. How does the author suggest that the Supreme Leader's instincts are currently in conflict?
19. What contradiction does the text highlight between Trump's anti-intervention speech and his recent military actions?
20. What does Sadjadpour imply about the likelihood of Iran transforming into a Western-style democracy after regime change?

3.

prirejeno po:

<https://www.newyorker.com/magazine/2023/07/31/ultra-processed-people-chris-van-tulleken-book-review>

a) Insert the correct forms of the missing words.

<p style="text-align: center;">The Perils of Highly Processed Food</p> <p style="text-align: center;">For millennia, human beings have engineered what they eat. Have we finally gone too far?</p> <p style="text-align: center;">By Adam Gopnik July 24, 2023</p> <p>The _____ (OPPOSE) of the raw and the cooked, to borrow from the title of Claude Lévi-Strauss’s most cited though not best-read book, seems basic to our ideas of nature and culture. A raw prawn is part of the sea; broiled, it becomes part of our art. But for Lévi-Strauss the real work was done by the third leg of his “culinary triangle”: the rotting. Spoilage, after all, is a natural _____ (TEND) of food and the most urgent reason we transform nature into culture — we’re _____ (DESPAIR) trying to keep what we’re about to eat from going bad.</p> <p>The line between the raw and the cooked is, to be sure, nebulous; a plate of sushi is both raw and cooked, “made,” in the _____ (CULTURE) sense, by a knife and seaweed. Sushi is the dream of pure sensation, but herring is the normal state of life. The more consequential point is that cooked meat decays more slowly than raw; pickling and curing postpone the unpalatable end even longer. We save the world from rotting by rolling it in salt, smoking it in maple fires, preserving it in brine. Nature is always going bad, and the most immediate form of “good” that humans know is keeping that from happening. Sisyphus’ famous boulder, rolled uphill and crashing down again, is better represented in our _____ (DAY) lives by the nova we eat on</p>	<p>opposition</p> <p>tendency</p> <p>desperately</p> <p>cultural</p> <p>daily</p>
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<p>Sunday morning's bagel — salmon saved from spoiling by smoke and salt—with the _____ (KNOW) that lox, too, has a sell-by date. The raw, the cooked, and the rotten: it sounds like a Sergio Leone movie. The odd thing is that, in the realm of culinary culture, the processed and the pickled are now in a kind of gunfight: we vilify the processed, heroize the pickled. Nothing is more _____ (FASHION) than sauerkraut. (Fifteen pages of a new bible of gastronomy, derived from the ultra-chic Paris restaurant Septime, are devoted to things bathed in acid and marinated at _____ (LONG) in jars, without a cream sauce in sight.) Yet what makes something processed rather than preserved turns out to be as difficult to define as the more abstract-seeming _____ (DIFFER) between the cultural and the natural, and between the two lie the usual snares of usage.</p> <p>In the new book "Ultra-Processed People" (Norton), the British doctor and _____ (MEDICINE) journalist Chris van Tulleken bravely turns himself into a guinea pig to explore the ins and outs of ultra-processed food (U.P.F.) — basically, food made up of substances that you would never find at home. He has in mind all those cereals and snacks and ice creams we see on supermarket shelves with lists of ingredients as long as the Catalogue of Ships in the Iliad - and just as easy to _____ (SPELL) if you tried to recite them all. Van Tulleken "wanted this food," he reports of his U.P.F. diet. "But at the same time, I was no longer enjoying it. Meals took on a _____ (UNIFORM): everything seemed similar, regardless of whether it was sweet or savoury. I was never hungry. But I was also never satisfied." He gained weight, and so did his family. Sacrificing his health for science's sake, he drinks a can of Diet Coke every morning for breakfast "and gradually began craving Diet Coke with every meal and between meals." He devours McDonald's and KFC and _____ (COUNT) lesser treats of British make, to find out what happens to a normal body when _____ (EXPOSE) to the stuff.</p> <p>The book isn't just a chronicle of his diet-induced damage; page after exhausting page is given over to the foundations of _____ (NUTRITION) science. (We are told to say of someone not that he "is</p>	<p>knowledge</p> <p>fashionable</p> <p>length</p> <p>difference</p> <p>medical</p> <p>misspell</p> <p>uniformity</p> <p>countless</p> <p>over-exposed</p> <p>nutritional</p>
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<p>obese” but, rather, that he “has _____ (OBESE).” The grim tale eventually takes van Tulleken on a long _____ (FLY) to backcountry Brazil, where he discovers that the Nestlé Corporation has brought its snacks, by boat, to Indigenous peoples, with the _____ (PREDICT) effect of making Amazonian kids prefer junk food to the ancient and healthy staples of roots and berries. This shocking _____ (OCCUR) reveals how deeply and _____ (NOTICE) global food systems can shift local cultures. “I have not found any evidence that there were children with diet-related diabetes in these parts of Brazil until enterprises like the Nestlé boat,” he writes. We are being _____ (PURPOSE) addicted, and on a planetary scale, he concludes. Ultra-processed foodstuffs will alter our children’s brains and _____ (SLAVE) them to a global capitalist economy, a truly _____ (FRAUD) bargain disguised in _____ (GLAMOUR) packaging.</p> <p>Van Tulleken slowly sickens from his food, and the reader sickens with him. It’s true that his _____ (WARN) about insidious mind control are dubiously reminiscent of earlier warnings about the smartphone. Still, his account of what happens to our food during its trip to our gut, and the connection that bad food has to the epidemics of obesity and diabetes is _____ (PERSUADE) and scary.</p> <p>At the same time, pondering his pages suggests a more complicated taxonomy than the one he offers. What, truly, is and is not processed? Some of the foods on his _____ (DANGER) diet — like lasagna and chocolate — have been part of many people’s diets long before the U.P.F. industry arose, and his lasagna, though supermarket-bought rather than homemade, isn’t what we usually mean by junk food. A long discussion concerns whether Heinz baked beans, a staple of the British working-class diet, counts as U.P.F. (They make an _____ (APPEAR) in the great 1967 album “The Who Sell Out,” both on the cover and as a song title.) He finally gives the beans a dispensation, more, one feels, on the ground of class than of kind.</p> <p>That hazy ideal of purity has long lingered like a halo above the discourse about food _____ (ADD). The estimable Michael Pollan, for</p>	<p>obesity flight</p> <p>predictable</p> <p>occurrence noticeably</p> <p>purpose- fully enslave fraudulent glamorous</p> <p>warnings</p> <p>persuasive</p> <p>dangerous</p> <p>appearance</p> <p>additives</p>
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<p>instance, tells us that “Great-Grandmother never cooked with guar gum, carrageenan, mono- and diglycerides, hydrolyzed vegetable protein, _____ (MODIFY) food starch, soy lecithin and any number of other ingredients found in processed food.” But why is guar gum, extracted from one seed, any more _____ (ART) than cornstarch, extracted from another (originally by means of a method patented in the eighteen-fifties by a British industrialist)? Some version of carrageenan, which comes from the seaweed Irish moss, has been used in cooking for centuries; Great-Grandmother certainly used the lecithin from egg yolks, if not from soy oil, to emulsify her sauces. Vegetable protein can get hydrolyzed when proteins are exposed to acids, which is why hydrolyzed vegetable proteins are a regular product of _____ (FERMENT) and pickling. Technical names can make the familiar seem alien. We’d be put off if something were described as a concoction of luteolin, hydroxytyrosol, apigenin, oleic acid, and oleocanthal — but they’re all _____ (NATURE) components of your extra-virgin olive oil.</p> <p>The history of humanity is the history of processing foodstuffs — by fire, by smoke, by pounding and pulverizing — and it can be hard to find a boundary between those ever more hallowed _____ (TRADITION) kitchen practices and the modern ones that we are asked to condemn.</p> <p>The questions that van Tulleken raises about “addiction” are more profound — exactly because the question of addiction seems to spread so _____ (READY) from the food on our plates to the phones in our hands and our children’s. Van Tulleken is preoccupied by the issue of whether ultra-processed food retrains our brains, and he finds that when we consume U.P.F. new patterns are indeed grooved into our _____ (NEURON) circuits, producing ever sharper hungers. Yet, unless we believe in ineffable phantoms of thought, every emotion and compulsion must be registered somewhere in our brains. This is as true of my taste for Sondheim as of my taste for sugar. I am, certainly, a sugar addict; I have a hard time drinking my morning coffee without a cube or two. But I am also a print addict of a kind, and will panic if I don’t</p>	<p>modified</p> <p>artificial</p> <p>fermen- tation</p> <p>natural</p> <p>traditional</p> <p>readily</p> <p>neuronal</p>
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<p>have a book to read on a long plane flight. _____ (PRESUME), both addictions show up as some pattern of activated neurons; one seems _____ (HEALTH) and one positive only because of how they affect the world outside myself, not because of how they light up inside me.</p> <p>Besides, _____ (DIET) addictions of this kind long preceded the introduction of ultra-processed food. The Scottish _____ (POETRY) and aphorist Don Paterson has a hair-raising chapter in his marvellous new memoir, “Toy Fights,” about sugar addiction in the Scottish family and town where he grew up — just as intense as the kind of food addiction van Tulleken ascribes to contemporary techniques, though the processing here is the ancient one of sugarcane _____ (REFINE). Such addictions of food or drink, if properly called so, _____ (HARD) seem an artifact of our era.</p> <p>So one can wonder how _____ (HELP) it is to characterize our penchant for junk food as an addiction. Everything we like can be cast as an addiction in some sense.</p> <p>No man is a hypocrite in his pleasures, Dr. Johnson once wrote; but we are all hypocrites in our _____ (PROHIBIT). I wouldn’t let a box of processed breakfast cereal into my house, and yet rulings about what we eat make me uneasy. The act of eating bridges bodily gratification, cultural identity, and physiological _____ (NECESSARY). We can say of someone “It’s a shame he never tasted ice cream” in a way we would never say “It’s a shame he never got to smoke a cigarette”. There is an element of what can still be called _____ (INNOCENCE) pleasure in eating. It’s true that the innocent pleasure might not be so innocent, but even as we undermine the innocence the pleasure itself remains unsullied. Food is _____ (ESSENCE) to our existence, and, accepting this _____ (INSTINCT), we accept with it the possibility that some of the things we like to eat may not be the best for our longevity. We rightly try to avoid them, restrict them, discourage them. But, as someone once said, there’s no point in dying in good health.</p>	<p>presumably</p> <p>unhealthy</p> <p>dietary poet</p> <p>refinement hardly helpful</p> <p>pro- hibitions</p> <p>necessity</p> <p>innocent</p> <p>essential in- stinctively</p>
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<p>In Shakespeare’s sense, food made by human artifice is just as natural as the organic apple we seek out each Saturday at a farmers’ market. The merely aesthetic argument against bad food may be the strongest argument of all: as van Tulleken rightly insists, there is simply something creepy about eating things whose _____ (COMPOSE) we can’t comprehend. We have to pick and choose from what we like and what’s good for us, even if we can’t resolve what, exactly, is nature and what art. The two _____ (REASON) questions of diet are: What pleasure does it provide when you eat it? and Will it kill you sooner than you deserve to die? Everything else is only the cosmopolitan _____ (CONFUSE) on our plates, which is neither wholly nature nor entirely art — just _____ (NOURISH) and taste, in their eternal tangle. ♦</p>	<p>com- position</p> <p>reasonable</p> <p>confusion</p> <p>nourish- ment</p>
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b) Answer the questions.

1. Why does the author mention the difference between a fresh prawn and one that has been cooked? What does this suggest about how humans change natural elements?
2. What point does Lévi-Strauss’s idea of the “culinary triangle” add to the discussion of how people handle food spoilage?
3. How does the practice of preserving food illustrate humanity’s constant struggle against decay?
4. What does the reference to Sisyphus imply about the repetitive nature of keeping food edible?
5. How does the popularity of fermented vegetables today contrast with public attitudes toward industrially altered foods?
6. Why is it difficult to draw a clear line between foods that are simply kept fresh and those that are industrially transformed?
7. How does Chris van Tulleken use himself as an example in his investigation? What does this say about his approach?
8. What effect did the author of *Ultra-Processed People* notice about his feelings toward what he ate while on his experiment?

9. How did van Tulleken's dietary experiment affect his family, and what does this imply about the reach of processed food?
10. What does the story of the Nestlé boat in Brazil reveal about how multinational companies influence traditional diets?
11. Why does the author suggest that people are intentionally pushed toward craving mass-produced snacks?
12. What does van Tulleken argue about the impact of processed goods on young people's brains and habits?
13. Why does the author compare modern fears about food manipulation to past concerns over mobile technology?
14. Why does the text mention foods like lasagna and chocolate when discussing ultra-processed products?
15. What dilemma does the example of Heinz baked beans highlight in defining which foods are acceptable or not?
16. Why does the author question whether using chemical-sounding names makes familiar ingredients seem unnatural?
17. What point is made by comparing old household cooking practices with present-day industrial additives?
18. How does van Tulleken connect food cravings to how our brains form patterns?
19. What does the text imply about whether labeling unhealthy eating habits as "addiction" is truly useful?
20. Why does the author suggest that rules about what we should consume may never completely remove the pleasure people get from eating certain things?

4.

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<https://www.newyorker.com/books/under-review/can-we-get-kids-off-smartphones>

a) Insert the correct forms of the missing words.

<p style="text-align: center;">Can We Get Kids Off Smartphones?</p> <p style="text-align: center;">We know that social media is bad for young people, who need more time—and freedom—offline. But the collective will to fix this problem is hard to find.</p> <p style="text-align: center;">By Jessica Winter March 28, 2024</p> <p>The exact causes of the Gen Z mental-health emergency will be parsed for years to come, but the _____ (SEVERE) of the crisis itself is, at this point, beyond question. Members of Gen Z, who were born between the mid-to-late nineties and the early twenty-tens, tend to be lonelier than the members of previous generations. They are more anxious and depressed; they get less sleep. They more _____ (COMMON) think that their lives hold no _____ (MEAN). They are more likely to harm themselves or experience _____ (SUICIDE) ideation. (Suicide deaths among children ages ten to fourteen more than doubled between 2007 and 2017.) They are more wary of, or just less interested in, the things that were once milestones of _____ (FREE): drinking, dating, having sex, getting driver's licenses, moving out of their parents' houses.</p> <p>"On average," the social _____ (PSYCHOLOGY) and N.Y.U. professor Jonathan Haidt writes in "The Anxious Generation: How the Great Rewiring of Childhood Is Causing an Epidemic of Mental _____ (ILL)," "people born in and after 1996 were different, _____ (PSYCHOLOGY), from those who had been born just a few years earlier." From childhood, Haidt suggests, they suffer from a weak "psychological immune system — the _____ (ABLE) of a child to</p>	<p>severity</p> <p>commonly meaning suicidal</p> <p>freedom</p> <p>psycholo- gist</p> <p>illness psycho- logically ability</p>
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<p>handle, process, and get past frustrations, minor accidents, teasing, _____ (EXCLUDE), perceived injustices, and normal conflicts without falling prey to hours or days of inner turmoil.” This immunosuppression persists into adolescence and beyond, fostering higher proportions of _____ (NERVE), avoidant young adults.</p> <p>For Haidt, the _____ (EXPLAIN) is partly cultural and partly technological. The oldest members of Gen Z were in middle school in 2009 and 2010, when Facebook added the Like button, Twitter added the Retweet option, and smartphones’ front-facing cameras became ubiquitous, launching the age of the selfie. The effect of these tools, Haidt writes, was to attach kids to “a firehose of social _____ (COMPARE)” that pummelled their self-esteem at a critical moment of cognitive and psychological _____ (DEVELOP). Studies show that, the more kids use social media, the more likely they are to experience anxiety and depression. And constant discussion and self-diagnosis of mental-health disorders on TikTok, Instagram, and elsewhere may contribute to what two University of Oxford researchers call “prevalence inflation,” in which people mistake everyday stress and discomfort as signs of a serious disorder “in a way that is ultimately self-fulfilling.” As an example, the scholars note that “interpreting low levels of anxiety as symptomatic of an anxiety disorder might lead to _____ (BEHAVIOUR) avoidance, which can further exacerbate anxiety symptoms.”</p> <p>By the time that smartphones and social media were becoming omnipresent, in the late two-thousands and early twenty-tens, children were also spending less and less time engaged in unstructured, largely unsupervised play with their peers. This _____ (DEPRIVE) owed to their parents’ concerns for their _____ (SAFE) — a fretfulness known as “safetyism” — and to a _____ (COMPETE), college-fixated mind-set that prioritized adult-led, résumé-building, and “enrichment” activities. Unaccompanied kids doing normal kid things like walking home from school or visiting a playground became conspicuous, strange, perhaps even the subject of a 911 call or a C.P.S. investigation. The _____ (SUBURBS) or small-town nine-year-old who, a</p>	<p>exclusion</p> <p>nervous explanation</p> <p>comparison development</p> <p>behavioural</p> <p>deprivation safety competitive</p> <p>suburban</p>
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<p>generation before, would have been running around outside with the other neighbourhood kids all afternoon is now indoors, staring at her phone.</p> <p>Alas, for her, children who miss out on free play are worse at taking risks, reading social cues, making friends, and resolving conflicts. Improvisational, unmonitored play functions as _____ (EXPOSE) therapy for life itself. In a commentary published last year in The Journal of Pediatrics which summarized the causal links between free play and mental health, the authors declared that “the decline in children’s independent _____ (ACTIVE) and, hence, in mental wellbeing is a national and international health crisis and should be treated as such.”</p> <p>Of course, fretting about the deficiencies of contemporary youth is an ancient tradition. Elders have always overreacted to the supposedly mind-altering properties of certain _____ (TECHNOLOGY) advancements, from the printing press to the television set. Haidt is one of America’s more prominent hand-wringers about kids these days, owing to a viral Atlantic piece that he co-authored, in 2015, with the attorney and free-speech activist Greg Lukianoff, headlined “The Coddling of the American Mind.” In that article, and in the 2018 book of the same name, Haidt and Lukianoff portrayed a bubble-wrapped generation that had been raised to be “fragile, anxious, and easily hurt,” and railed against what they identified as a student-directed movement “to scrub campuses clean of words, ideas, and subjects that might cause discomfort or give _____ (OFFEND).” The corrosive cleaning agents, according to the authors, included trigger warnings, spurious talk of “microaggressions,” and demands for “safe spaces.” Haidt and Lukianoff argued that Gen Z victims of safetyism were also, in higher end, its most _____ (MISCHIEF) perpetrators, gleefully weaponizing _____ (QUESTION) to root out dissent.</p> <p>The cognitive dissonance is especially uncomfortable because “The Anxious Generation” is, to a _____ (CONSIDER) extent, a reiteration and expansion of “Coddling.” But it is also a vastly superior work. It’s less hung up on campus-outrage stuff, and it benefits from six _____ (ADD) years of research on how smartphones and social</p>	<p>exposure</p> <p>activity</p> <p>techno-logical</p> <p>offence</p> <p>mischievous</p> <p>questionnaires</p> <p>considerable</p> <p>additional</p>
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that, when adolescents abstain from social media for a while, their mental health improves even as their _____ (ISOLATE) from their friends who are still on the platforms increases; a smart, emotionally _____ (INTELLIGENCE) kid can recognize the merits of this trade-off and still choose to keep their TikTok and Snapchat accounts. One parent talked about her daughter's experience at a _____ (PRESTIGE) summer program, where, not long after arriving, she found herself sitting with a group of other new arrivals; rather than getting acquainted, the rest of the kids were all staring at their phones, and she didn't have one. She told her mother, "It was so stupid. But, in that moment, I wanted to be stupid, too."	isolation
Several of the parents favourably mentioned the Wait Until 8th _____ (MOVE), which encourages parents to sign a pledge not to give their children smartphones until the end of eighth grade or later. But few parents expressed much hope about forging collective action against phones, in part because they didn't know enough other families who were _____ (SUFFICIENT) informed or exercised about the risks. Haidt stresses that his core recommendations require commitment from a critical mass of parents, schools, and communities in order to _____ (WEAK) the network effects of social media and free teenagers to pursue other means of fulfilling their God-given right to be stupid together.	intelligent
The overwhelming consensus among these parents was that schools should stringently limit or ban cell-phone use, a measure that has growing legal momentum in some states. Last year, Utah sued TikTok and Meta for being addictive and _____ (HARM) to children, and passed laws tightening age-_____ (VERIFY) and parental-consent requirements for social-media accounts; more recently, Utah's governor, Spencer Cox, has been urging principals and school-board members across the state to remove cell phones during class.	prestigious
Individual schools that already enforce ironclad no-phones policies seem to be ecstatic about their results. Last year, the School of the Future, a public school in Manhattan, began requiring students to use Yondr phone-locking pouches for the _____ (ENTIRE) of the school day. In	movement
	sufficiently
	weaken
	harmful
	verification
	entirety

<p>March, the administration sent an e-mail to parents describing the policy as a “_____ (MASS) success,” citing “increased student engagement in the classroom, less time spent in the bathrooms and hallways, more genuine connections within the community and a decrease in reports of cyberbullying.”</p> <p>_____ (SURPRISE), though, the biggest _____ (OPPOSE) of the movement for phone-free schools are parents. In a truly apocalyptic essay for Slate titled “The Parents in My Classroom,” a ninth-grade English teacher in Evanston, Illinois, describes, among other abominations, a mother who expected her kid to text her every class period, a mother whose kid sent her a photograph of a quiz he was in the middle of taking (she immediately e-mailed the teacher to ask if her son could take it the next day), and parents who ran surveillance on their children’s classes via their school-issued Chromebooks.</p> <p>Despite the general consensus about kids and phones, the increasing _____ (RELY) of schools on tablets and laptops means that most students are simply trading one screen for another, with many remaining glued to some permutation of social media, video games, and their hovering parents.</p> <p>The collective task of giving younger kids more _____ (PHYSICS) and psychological space to roam is daunting. It would involve somehow loosening the grip of time-intensive competitive-sports programs on entire communities. It would require reversing decades-long trends not only in the privatization of public space but in housing, municipal planning, roadway design, and traffic-law enforcement, which have rendered the U.S. one of the least _____ (WALK) developed countries in the world. It would also demand undoing the safetyist mind-set. However, laissez-faire a parent might wish to be, if you drop off your capable third grader for an afternoon of free _____ (EXPLORE) around the Prospect Park ravine, you can expect some questioning from an officer of the Seventy-eighth Precinct later that day.</p> <p>In “The Anxious Generation,” Haidt suggests one relatively easy remedy, realizable in the short term, that schools could take on themselves: opening their playgrounds after school for “mixed-age, ‘loose parts’ free</p>	<p>massive</p> <p>Surprisingly opponents</p> <p>reliance</p> <p>physical</p> <p>walkable</p> <p>exploration</p>
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play,” in which kids don’t have access to phones but otherwise have “nearly complete autonomy.” During these sessions, adults, like lifeguards, would “intervene only in the case of an emergency.” These play clubs are, of course, _____ (GEOGRAPHY) constrained, and structured in their unstructuredness. Many schools may lack the right sorts of playgrounds or may be scared off by liability concerns. But it’s an idea — a start. ♦	geo- graphically
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b) Answer the questions.

1. What does the author imply about the magnitude of the current youth mental health crisis?
2. In what ways do younger generations today tend to feel more socially disconnected than those before them?
3. According to Haidt, how does a fragile “psychological immune system” affect a young person’s ability to handle minor setbacks?
4. How did technological changes around 2009–2010 contribute to the constant peer judgment that teenagers now face?
5. What is “prevalence inflation,” and how does it affect how young people interpret everyday stress?
6. What does the text suggest about the relationship between structured activities and a decline in childhood autonomy?
7. How does the lack of spontaneous, child-directed play influence kids’ capacity for taking calculated risks later in life?
8. Why does the author mention the historical tendency of adults to panic about new communication tools?
9. How does Haidt’s recent book differ from his earlier work on overprotection and campus culture?
10. What four actions does Haidt recommend to address the imbalance between real-world caution and online exposure?
11. Why does the writer question whether these proposed solutions can be widely enforced?
12. How has the widespread use of location-tracking affected parents’ ability to balance children’s safety with their need for personal boundaries?

13. In what way does social media both fill and deepen young people's sense of isolation?
14. Why might some teenagers knowingly continue using platforms that they understand to be mentally draining?
15. What obstacle do families face in forming a joint front against early smartphone adoption?
16. How have some states responded legally to concerns about the addictive qualities of social media?
17. What unintended consequence does the increased reliance on school-issued digital devices create for students' screen habits?
18. According to the text, why is reclaiming outdoor independence for kids so logistically challenging in the U.S.?
19. What is Haidt's suggested short-term measure for giving children more unsupervised play, and how would adults act during these times?
20. Why might even this relatively simple plan for freer play be difficult to implement everywhere?

5.

prirejeno po:

<https://www.newyorker.com/news/the-financial-page/why-harvard-can-afford-to-stand-up-to-donald-trump>

a) Insert the correct forms of the missing words.

<p>Why Harvard Can Afford to Stand Up to Donald Trump</p> <p>The university's \$53.2-billion endowment has positioned it to resist the bullying tactics of an increasingly authoritarian President.</p> <p>By John Cassidy April 21, 2025</p> <p>A week after Harvard University _____ (ESSENCE) told the Trump Administration to go jump into the Charles River, there are signs that its _____ (DEFY) may be rattling the White House. On Friday, the Times, citing _____ (ANONYMITY) sources familiar with the matter, reported that the letter containing the Administration's demands for a top-to-bottom revamp of Harvard, which even the conservative _____ (EDITOR) page of the <i>Wall Street Journal</i> described as "_____ (EFFECT) a federal receivership," was sent without proper authorization. According to the story, the sender was one of the members of the Presidential task force on antisemitism, which is leading the crusade against top research universities. The <i>Times</i> also quoted a White House _____ (OFFICE), the senior policy strategist May Mailman, who said _____ (NEGOTIATE) between the two sides could still resume.</p> <p>Whether or not Donald Trump will blink, as he did a couple of weeks ago when his _____ (PUNISH) tariff proposals caused eruptions in the stock and bond markets, isn't entirely clear yet. But it seems like the Administration was taken aback by Harvard's</p>	<p>essentially</p> <p>defiance</p> <p>anonymous</p> <p>editorial</p> <p>effectively</p> <p>official</p> <p>negotiations</p> <p>punitive</p>
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_____ (REFUSE) to buckle before the President's threats in the same way that Columbia University and certain law firms did. Perhaps some people in the White House now realize that, even as it has halted more than two billion dollars in federal funding to Harvard, it has taken on an adversary that is rich and _____ (POWER) enough to fight back.	refusal
As a tax-exempt not-for-profit, Harvard doesn't have any shareholders, but, like other big _____ (CHARITY) organizations and major corporations, it releases an annual report on its finances. The latest one, which covers its 2024 _____ (FINANCE) year, said that the university "generated an operating surplus of \$45 million on a revenue base of \$6.5 billion." That pot of money was used to finance an institution that encompasses Harvard College, twelve graduate schools, and the Radcliffe Institute for Advanced Study. In total, Harvard has close to twenty-five thousand students and employs about twenty thousand people.	powerful
Last year, roughly \$685 million of Harvard's funding—about eleven per cent—came from the federal government in research grants and other transfers. That was a large sum, _____ (OBVIOUS). But about \$2.4 billion, more than three times as much, came in distributions from Harvard's own massive _____ (ENDOW), which was worth \$53.2 billion at the end of the year—the largest of any school in the country. "Our financial resources, built over years through disciplined _____ (PLAN) and sound financial management, allow Harvard's schools and units to withstand shocks," the annual report said. "They also provide the capacity to invest in new programs and pedagogies, fostering the academic _____ (EXCEL) that is both Harvard's hallmark and its aim."	charitable
Trump's attempt to undermine Harvard's independence is probably the biggest shock the university has faced since Harvard College was founded, in 1636; shortly after its establishment, the school received a _____ (TRANSFORM) deathbed bequest from the Puritan John Harvard. Federal _____ (FUND) in the second half of the twentieth century helped build up Harvard and other private schools	financial
	obviously
	endowment
	planning
	excellence
	trans- formative funding

<p>into big research institutions. But elite universities have also gone to great _____ (LONG) to insure that they have enormous pools of endowment wealth to draw upon. In the past few decades, their riches and tax-free status have attracted attention from critics on the left and the right, who accuse them of prioritizing their endowments over all else, favoring legacy _____ (APPLY) to reward _____ (DONATE), and failing to provide adequate support for their local communities. _____ (POLITICS) in true-blue Cambridge and Boston have long been pushing Harvard to pay more in property taxes; last year, two members of the Massachusetts state legislature proposed a 2.5-per-cent annual excise tax on Harvard's endowment, with the proceeds to be used to subsidize _____ (EDUCATE) for lower and middle-income families.</p> <p>But now that Trump is shutting off funding, or at least threatening to, at sixty schools, Harvard's endowment has taken on a new purpose, positioning the school to be the first bulwark against a rapidly advancing front. When Harvard's lawyers, in a letter responding to the White House's ultimatums, said that the school was "not prepared to agree to demands that go beyond the _____ (LAW) authority of this or any administration," they were basically telling the Administration that they would see it in court, where the university would be able to make a strong case that the government's actions are illegal. Nevertheless, in order for the university to sustain itself during the _____ (LENGTH) legal battle likely to come, it will need to make up for a big funding gap, and that is where its \$53.2-billion war chest comes in. "Harvard's endowment is not there just to be envied or admired," Lawrence Summers, the Harvard _____ (ECONOMY) who is a former president of the university and a former U.S. Treasury Secretary, told me. "It's there to be used, and it is hard to imagine a better use than maintaining the _____ (CONTINUE) of its operations at a moment of great threat like the present."</p> <p>Although John Harvard's bequest to the school set an early precedent, it wasn't until the Gilded Age of the late nineteenth century that business magnates such as John D. Rockefeller, who helped finance</p>	<p>lengths</p> <p>applicants donors politicians</p> <p>education</p> <p>lawful</p> <p>lengthy</p> <p>economist</p> <p>continuity</p>
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<p>the _____ (CREATE) of the University of Chicago, made large gifts to educational institutions a _____ (PHILANTHROPY) tradition. And it wasn't until 1917 that Congress created tax deductions for individual donations to not-for-profit institutions, such as churches and universities. By 1920, Harvard's endowment was the biggest in the country, a position it has never relinquished, Bruce Kimball, an emeritus professor of education at Ohio State who is the co-author of the book "Wealth, Cost, and Price in American Higher Education," said. With financial markets having enjoyed a long boom, 2022 apart, the Harvard endowment has generated an average annual return of 9.3 per cent over the past seven years, a figure that is _____ (COMFORT) higher than the returns generated by Vanguard's global 60/40 index, which tracks the _____ (PERFORM) of the time-honored investment strategy of amassing a diversified portfolio of stocks and bonds. Combined with a flood of new donations from rich alumni and others, the endowment's high returns have resulted in its value rising from \$37.1 billion in 2017 to today's figure of more than \$50 billion. And, in the same period, its annual disbursements to the university have risen from \$1.7 billion to \$2.4 billion.</p> <p>Despite these _____ (IMPRESS) figures, though, lately there has been some confusion about the extent to which Harvard and other universities with big endowments are able to access the large stores of wealth they contain. Facing _____ (PRESS) from students and politicians to use endowments to reduce sky-high tuition fees, university leaders have long emphasized that they largely consist of "restricted" funds that their donors gave to finance professorships, or libraries, or the _____ (MAINTAIN) of buildings, and which can't be diverted to other uses. In its annual financial report, Harvard referred to the notion that endowments can be "accessed like checking accounts" as a "common _____ (MISCONCEIVE)."</p> <p>It's true that a good deal of the endowment's money is tied up in _____ (AMBITION) projects linked to individual donors. In Allston, the Boston neighborhood that lies directly across the Charles River from Harvard Square, in 2020, Harvard opened a grand new</p>	<p>creation philanthropic</p> <p>comfortably performance</p> <p>impressive</p> <p>pressure</p> <p>maintenance</p> <p>mis- conception ambitious</p>
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<p>building that houses the John A. Paulson School of _____ (ENGINE) and Applied Sciences—Paulson is a hedge-fund billionaire—and later this year it is planning to open a conference center named after the private-equity baron David Rubenstein. Over all, restricted funds make up about eighty per cent of Harvard’s endowment. But it’s hardly strapped for _____ (ACCESS) funds: the endowment also contains nearly ten billion dollars in unrestricted donations, which, subject to some legal caveats, the university has more _____ (FLEXIBLE) to utilize.</p> <p>In addition, Harvard has about two billion dollars of liquid investments, such as Treasury bonds, which are outside of the endowment. Furthermore, it has the ability to raise large sums of money in the credit markets, where it has a top-notch credit rating. Just two weeks ago, on the eve of defying the Trump Administration, it announced that it would issue \$750 million in bonds, which is more than the total funding it received from the federal government last year. Although it might seem a bit strange for a university with an endowment worth more than fifty billion dollars to go out and borrow money, the bond issuance was perfectly _____ (SENSE) and is likely to be repeated if the dispute drags on: it enabled Harvard to raise a lot of cash without conducting a fire sale of any of its assets, many of which are illiquid.</p> <p>In short, Harvard has a number of ways to access and _____ (MOBILE) the wealth in its endowment. Normally, the university’s endowment aims to distribute about five per cent of its over-all portfolio on an annual basis. But, in an emergency, it could almost certainly afford to disburse an extra billion dollars a year, say, until 2028. Depending on what happens in the financial markets, such a move wouldn’t even necessarily involve running down its portfolio, although its _____ (GROW) would be restricted.</p> <p>To put it another way, Harvard can afford to stand up to Trump, at least for now. (If the halt to federal funding dragged on _____ (DEFINITE), that would obviously be a different matter.) This surely explains why, in the course of the past week, the President has been escalating his threats and targeting its endowment directly by</p>	<p>engineering</p> <p>accessible</p> <p>flexibility</p> <p>sensible</p> <p>mobilize</p> <p>growth</p> <p>indefinitely</p>
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<p>suggesting in a social-media post that Harvard should lose its tax-exempt status. According to reporting by CNN and the Washington Post, Treasury officials have asked the Internal Revenue Service to act upon this idea. “There is total extralegality here,” Summers pointed out. “In my time, anyone who walked into the Treasury was told that getting involved in the _____ (TREAT) of an individual taxpayer or individual institution was an absolutely forbidden thing—like taking a big bribe. The idea that the President of the United States would give the instruction _____ (PUBLIC), and that it would then be acted upon by Treasury officials, would have been _____ (THINK) in any other Administration.”</p> <p>In the era of Trump 2.0, previously unfathomable things happen every day. (According to <i>Semafor</i>, the Administration is also planning to restrict the investments of big university endowments, Harvard’s included.) To some right-wing activists inside and outside the Administration, bringing the Ivy League to heel is part of a broader project to smash _____ (LIBERAL) and realign the country’s values and major institutions on a conservative basis—an American “war of position,” to use the Gramscian phrase. For Trump—a proud graduate of Wharton, even if, according to his estranged niece Mary L. Trump, he got another person to sit for his SAT (an allegation that the White House denied)—the agenda seems personal: punishing institutions that he perceives as political _____ (OPPOSE) and demanding public acts of submission, in addition to riling up his base and diverting attention from a weakening economy.</p> <p>In this instance, though, the Administration is not attempting to trample on _____ (POWER) civil servants or migrants, or pusillanimous law firms, or universities that don’t have as much money as Harvard does. For whatever reason, it has picked on an adversary the likes of which Trump and his billionaire allies can well recognize: one that is as rich as Croesus. For the education sector as a whole, and for the _____ (PRESERVE) of academic freedom, Kimball pointed out to me, the decision to target Harvard may turn out to be a fortunate _____ (CALCULATE). “But Harvard also needs</p>	<p>treatment</p> <p>publicly</p> <p>unthinkable</p> <p>liberalism</p> <p>opponents</p> <p>powerless</p> <p>preservation</p> <p>mis- calculation</p>
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<p>friends,” Kimball added. “It needs other schools and other institutions to stand with it.” For institutions that don’t have anything like the financial resources that Harvard does, this may not be an easy _____ (OPT). Still, assuming that Harvard goes ahead with a legal battle to repulse the Administration’s assault, its _____ (ACT) could have important ramifications not just for other universities but also for broader efforts to resist Trump’s encroachments. At a time when many people in higher education, and elsewhere, had been losing hope, that’s a positive development. As hints emerge that the White House may now be looking for Harvard to accept a squalid deal that compromises its independence and affords the President enough concessions for him to declare victory, the leaders of America’s oldest and wealthiest institution of higher learning must stand firm. ♦</p>	<p>option</p> <p>actions</p>
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b) Answer the questions.

1. Why did Harvard’s reaction to the federal demands appear to catch the government off guard?
2. What does the text suggest about Harvard’s capacity to withstand financial threats compared to other universities?
3. How did the source for the Times story provide information without revealing their identity?
4. What role did Harvard’s legal team play in responding to the White House’s demands?
5. How did the administration’s actions differ in their approach to Harvard compared to other schools like Columbia?
6. Why is Harvard’s large reserve fund so significant in this conflict?
7. What does the article imply about the long-term planning behind Harvard’s financial strategy?
8. How did donations from wealthy benefactors in the late 1800s influence modern university funding?

9. Why has Harvard's financial cushion drawn criticism from both ends of the political spectrum?
10. What arguments have local politicians made regarding Harvard's contribution to city finances?
11. What did Harvard's past benefactors intend by placing conditions on much of their donations?
12. In what ways could Harvard use its wealth in an emergency?
13. What potential legal argument does Harvard have against the Administration's actions?
14. Why did Harvard recently choose to issue new bonds despite its massive investment pool?
15. What does the text imply about the risks of a prolonged dispute over federal support?
16. How does the Administration's targeting of Harvard connect to a broader ideological campaign?
17. Why does the author describe the attempt to revoke Harvard's tax privileges as unusual?
18. According to the passage, what precedent does the Administration risk setting by attacking Harvard's funding?
19. What concern does Kimball express about the wider academic community's ability to resist similar pressure?
20. How could Harvard's decision to fight back affect other educational institutions in the future?

6.

prirejeno po:

<https://www.newyorker.com/magazine/2025/06/30/do-we-need-another-green-revolution>

a) Insert the correct forms of the missing words.

<p>Do We Need Another Green Revolution?</p> <p>As the global population grows, we'll have to find ways of feeding the planet without accelerating climate change.</p> <p>By Elizabeth Kolbert June 23, 2025</p> <p>A few months ago, more than a hundred Nobel laureates released an open letter predicting that "we are not on track to meet future food needs. Not even close."</p> <p>The Green Revolution got off to a _____ (ROCK) start. In the fall of 1944, Norman Borlaug, who would become known as the revolution's father, moved to Mexico to set up a plant-breeding program. Right away, he came down with a stomach crud. It was, he would later tell an _____ (INTERVIEW), "the usual tourist thing," except that it lasted for weeks. Though he had found his previous _____ (POSE), with DuPont, to be boring, in those weeks Borlaug decided that maybe it hadn't been so bad. "If I could have gotten my job back at DuPont, I would have," he said.</p> <p>Borlaug had gone to Mexico _____ (SPECIFY) to work with wheat, which was being devastated by a fungal disease called stem rust. When he got well enough to travel around the country, he became depressed by what he found. In the Bajío, a region northwest of Mexico City, the farmers were desperately poor. Their wheat didn't seem to grow so much as "fight to stay alive," Borlaug wrote to his wife. "These places that I've seen have clubbed my mind."</p>	<p>rocky</p> <p>interviewer</p> <p>position</p> <p>specifically</p>
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<p>Borlaug threw himself into an effort to produce a new _____ (VARY) of wheat—one that would be both rust-resistant and higher-yielding. With the help of two Mexican _____ (AGRONOMY), he gathered seeds from thousands of local varieties, planted them, and waited for them to mature. Most of the resulting plants succumbed to rust; the few that made it were crossed with one another to produce the next generation. To maximize his workdays, Borlaug often slept in a shack near his test fields, and, to speed up the breeding process, he shuttled between central Mexico, where wheat was grown in the summer, and _____ (NORTH-WEST) Mexico, where he could get in a second crop in the winter.</p> <p>This went on for years. Progress was made; then it was undone when a different “race” of stem rust swept through. Meanwhile, a new issue emerged. Mexican wheat varieties tended to send up tall, slender stalks. If they were dosed with _____ (FERTILE), they became more _____ (PRODUCE) but grew so top-heavy that they fell over—a problem known as lodging. Borlaug began experimenting with a variety of dwarf wheat from Japan. He crossed the Japanese wheat with some _____ (DOUBLE) rust-resistant varieties he had developed. Finally, he got lucky. The transpacific crosses proved to be not just vigorous and high-yielding but also _____ (SURPRISE) versatile. They grew well across a range of climate zones and light conditions. In 1960, Borlaug invited farmers in the northern state of Sonora to visit a plot planted with a number of his best-performing dwarf wheat strains. The farmers went wild. They had been instructed to remain at a distance from the plot, but they refused to listen. Some grabbed at the wheat heads and pocketed the seeds. According to Charles C. Mann’s “The Wizard and the Prophet” (2018), Borlaug—the wizard of the title—was secretly pleased by all the tumult.</p> <p>In later years, Borlaug liked to recite statistics illustrating his seeds’ superiority. In a _____ (SPEAK) he delivered in Australia in 1968, the year the term “Green Revolution” was coined, he noted that average wheat yields in Mexico, which had been around seven hundred</p>	<p>variety agronomists</p> <p>northwestern</p> <p>fertilizer productive</p> <p>doubly</p> <p>surprisingly</p> <p>Speech</p>
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<p>and fifty kilos per hectare when he'd arrived, had since climbed to almost twenty-eight hundred kilos per hectare—a roughly fourfold increase. In western Pakistan, where versions of the Mexican varieties had been introduced in 1965, the results were similarly _____ (DRAMA): average yields had risen, he found, by almost fifty per cent in just two years.</p> <p>But, as proud as he was of his seeds, Borlaug also saw their limits. When he received the Nobel Peace Prize, in 1970, he used his Nobel address to caution against _____ (COMPLACENT). The new varieties of wheat he had bred, along with new strains of rice and corn which had subsequently been developed, represented, he said, only a “temporary success in man’s war against hunger and _____ (DEPRIVE).” The world’s population, he predicted, would continue to grow, and eventually the demand for food would again outstrip the supply. “Perhaps the term ‘green revolution,’ as commonly used, is _____ (MATURE),” Borlaug worried out loud.</p> <p>Today, there are some 8.2 billion people on earth, more than twice as many as there were when Borlaug won his Nobel. This figure is expected to rise to almost ten billion by 2050. A few months ago, more than a hundred Nobel laureates released an open letter that echoed Borlaug’s concerns. They predicted “a tragic _____ (MATCH) of global food supply and demand by mid-century.” By their reckoning, “we are not on track to meet future food needs. Not even close.”</p> <p>Do we need a second Green Revolution? And, if so, what form should it take? Two new books, Michael Grunwald’s “We Are Eating the Earth: The Race to Fix Our Food System and Save Our Climate” (Simon & Schuster) and Vaclav Smil’s “How to Feed the World: The History and Future of Food” (Viking), pursue these questions with varying degrees of urgency.</p> <p>Grunwald is a journalist whose previous books include a history of the Everglades. Humanity, he says, is facing “some terrible math.” On one side of the equation is the growing need for food; Grunwald estimates that, to keep pace with demand, agricultural production will have to increase by fifty per cent over the next twenty-five years. On the other</p>	<p>dramatic</p> <p>complacency</p> <p>deprivation</p> <p>premature</p> <p>mismatch</p>
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<p>side is climate change. Agriculture is a major source of greenhouse gases; depending on how you calculate it, the sector is _____ (RESPOND) for between a tenth and a third of global _____ (EMIT). To stabilize the climate, this figure has to drop to pretty much zero. We need to “feed the world without frying the world” is how Grunwald puts it.</p> <p>Grunwald spends a lot of “We Are Eating the Earth” interviewing people who have ideas about how this balancing act might be brought off. One group is pushing what’s called “regenerative agriculture.” Grunwald visits a ranch in Northern California co-owned by the billionaire _____ (INVEST) and former Presidential candidate Tom Steyer. Instead of rotating his cows among fields every few weeks, Steyer restricts them to a small area and moves them more frequently. The practice, known as “adaptive multi-paddock grazing,” is supposed to increase the amount of carbon stored in the ranch’s soils. This, in turn, is supposed to counteract some—or all—of the emissions from the operation’s ruminants, which are constantly burping out methane, a _____ (POWER) greenhouse gas. “If we can show _____ (SCIENCE) that this stuff really works,” Steyer says, “that would be _____ (PRICE).”</p> <p>A second group wants to take agriculture indoors, thereby freeing up land to plant carbon-sucking forests. Grunwald tours a “vertical farm” built on the site of an abandoned steel mill in Newark. The farm—which is, in fact, an enormous warehouse—is filled with lettuce seedlings growing under banks of lights in a mist of _____ (CHEMISTRY). The plants will never see the sun or touch soil. “The future is happening a lot faster than we expected,” David Rosenberg, then the C.E.O. of AeroFarms, the company that owns the warehouse, assures Grunwald.</p> <p>Vertical farming and fake meat prove, if anything, more _____ (DISAPPOINT). Even with highly efficient L.E.D. bulbs, it takes an awful lot of energy to mimic the sun. Grunwald calculates that to grow just five per cent of America’s tomatoes indoors would require “every megawatt” of the country’s _____ (NEW)-</p>	<p>responsible emissions</p> <p>investor</p> <p>powerful scientifically priceless</p> <p>chemicals</p> <p>disappointing</p> <p>renewable</p>
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<p>electricity supply. This has financial as well as climate implications. AeroFarms ends up going bankrupt in 2023 (though it has since emerged from Chapter 11). Many of its _____ (COMPETE) follow suit.</p>	competitors
<p>Grunwald interviews Beyond Meat's Ethan Brown just a few months after the company has gone public. Thanks to investor enthusiasm, it has a market _____ (CAPITAL) of more than ten billion dollars. This figure has since dropped by ninety-eight per cent. Impossible Foods is privately held; what little information is available about its finances suggests that its value, too, has crumbled. Many other fake-meat ventures, meanwhile, have gone the way of AeroFarms. SCiFi, a company that wanted to create burgers out of a combination of plant-based ingredients and cultivated cells, went belly-up in 2024. Motif FoodWorks, a company that was using yeast to produce a meaty-tasting protein called Hemami, went out of _____ (BUSY) the same year. (Motif's problems were caused, in part, by a patent-infringement lawsuit filed by Impossible.) "Carbon farming and vertical farming are wildly overhyped," Grunwald concludes. "Plant-based meat has floundered in the market, while cultivated meat hasn't really made it to market." He adds, "I'm sorry about all that."</p>	capitalization
<p>Grunwald is an _____ (ENGAGE) storyteller, and, to his credit, he sticks with the "terrible math" even as it turns terrier and terrier. A reasonable takeaway from "We Are Eating the Earth" is that the feeding-without-frying equation is the sort that can be solved only with _____ (IMAGINE) numbers.</p>	business
<p>It's "trendy to _____ (ROMANTIC) small family farms where soil is nurtured with love and animals have names rather than numbers," Grunwald writes. But "organic, local, and grass-fed are often worse for the climate than conventional, imported, and feedlot-finished." Grunwald travels to Denmark and Brazil with Tim Searchinger, a researcher at Princeton who has written _____ (EXTEND) on the climate impacts of agriculture. "Bad accounting destroys the world," Searchinger tells him.</p>	engaging
	imaginary
	romanticize
	extensively

<p>Vaclav Smil is a professor emeritus at the University of Winnipeg and the author of more than forty books, several of which also focus on farming. “How to Feed the World” is a typical Smilian work in that it is dense, declarative, and dismissive of lots of other work. “Over the past decade I have been _____ (REPEAT) exasperated by people’s poor understanding and sheer _____ (IGNORE) of life’s many basic realities, be they concerning organisms or machines, crops or engines, food or fuels,” he writes.</p> <p>In his _____ (INTRODUCE), Smil waves aside climate change, saying that he is not going to take up such “fashionable topics.” Nevertheless, he, too, worries about agriculture’s ecological impact. The global food system, he observes, needs to “accommodate the nearly 2 billion people that will be added to today’s population by the middle of the 21st century” at the same time that it needs to “reduce its multitude of environmental burdens.”</p> <p>Or consider efforts to improve on photosynthesis. Photosynthesis is woefully _____ (EFFICIENCY)—even some of the most productive crops convert less than one per cent of the _____ (SUN) energy that hits them into calories—so streamlining the process, via gene editing, could produce significant gains. But Smil is _____ (SCEPTICISM) that this can actually be accomplished. Photosynthesis has been around for hundreds of millions of years and is _____ (PHENOMENON) complicated. “Prospects for any early commercial breakthroughs” on this front are, in his view, “meager.”</p> <p>The good news, according to Smil, is that breakthroughs aren’t necessary. The world could go a long way toward keeping up with food demand simply by better managing the supply. A report commissioned by the Food and Agriculture Organization of the United Nations estimates that, _____ (GLOBE), about forty per cent of fruits and vegetables, thirty per cent of cereal grains, and twenty per cent of meat and dairy products wind up _____ (EAT). The problem is worst in affluent countries like the U.S., where more than two hundred pounds of food per person get thrown away each year. “Even</p>	<p>repeatedly ignorance</p> <p>introduction</p> <p>Inefficient</p> <p>solar</p> <p>sceptical</p> <p>phenomenal- ly</p> <p>globally</p> <p>uneaten</p>
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modest food waste _____ (REDUCE) would translate into considerable cumulative savings,” Smil observes.	reductions
Then, there’s the waste that results from improvident eating habits. If photosynthesis has a low conversion rate, feeding crops to animals compounds the problem many times over. According to Smil, corn “embodies” about 0.7 per cent of the solar energy that hits it; when corn is used as cow fodder, the resulting steaks embody only about 0.002 per cent of the _____ (ORIGIN) energy. Pigs and chickens do better at turning grain into flesh. Still, producing a pound of pork or chicken takes many more resources than producing the same amount of, say, cornmeal. Reducing meat _____ (CONSUME), Smil argues, would be “both rational and highly _____ (DESIRE).”	original
When Norman Borlaug died, in 2009, at the age of ninety-five, his <i>Times</i> obituary praised him for having done “more than anyone else in the 20th century to teach the world to feed itself.” The Associated Press called him “equal parts scientist and _____ (HUMANITY),” and <i>MIT Technology Review</i> described his life as one of “_____ (HERO) proportions.” Were it not for Borlaug and the Green Revolution, the world in the late twentieth century would have been a very different place. Food prices probably would have been a lot higher, the number of people who are _____ (NOURISH) would have been greater, and even more millions of acres of forest would have been transformed into fields.	consumption desirable
And yet, by the time of Borlaug’s death, his accomplishments were looking increasingly equivocal. The Green Revolution, critics pointed out, may have alleviated some problems, but it created _____ (ADD) ones, and these tended to impose the highest burdens on _____ (PRECISION) those communities the new seeds were supposed to help.	humanitarian heroic
Borlaug’s wheat varieties were highly productive. They were also fussy. They performed well only when showered with nutrients, pesticides, and water. This meant that the gains from planting them went _____ (PROPORTION) to those who could afford such	malnourished
	additional precisely
	dispro- portionately

<p>“inputs”— which is to say, those farmers who were already relatively well off. The poorest farmers, for their part, often found themselves forced to sell out. Even if the Green Revolution reduced the price of a commodity like rice by sixty per cent, Raj Patel, a research professor at the University of Texas at Austin, has written that this would have been “little _____ (CONSOLE)” to those farmers who “lost 100% of their income.” ♦</p>	<p>consolation</p>
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b) Answer the questions.

1. What warning did the Nobel Prize winners issue in their recent declaration regarding the future supply of food?
2. Why did Borlaug initially doubt his choice to work in Mexico instead of staying with his previous employer?
3. What agricultural threat did Borlaug focus on when he first arrived in Mexico?
4. How did Borlaug react emotionally when he saw the condition of farmers' wheat crops in Mexico?
5. Which method did Borlaug adopt to ensure continuous experimentation and accelerate his breeding work?
6. What physical challenge did the Mexican wheat crops face when fertilizers were applied excessively?
7. How did the introduction of a Japanese strain help Borlaug solve the problem with wheat collapsing under its own weight?
8. What reaction did local farmers in Sonora have when they saw Borlaug's improved wheat plants?
9. By how much did wheat yields in Mexico increase between Borlaug's arrival and his speech in Australia?
10. What point did Borlaug emphasize in his Nobel address about the long-term impact of his agricultural breakthroughs?
11. According to recent estimates, why might the world face a significant shortfall in food availability by the middle of this century?
12. What dual challenge does Michael Grunwald highlight as humanity tries to feed a growing population while protecting the planet?

13. How does the practice of “adaptive multi-paddock grazing” claim to help mitigate climate impacts from cattle?
14. What is the main idea behind moving food production indoors, such as with vertical farming?
15. Despite technological advances, what major obstacle do indoor farms face when trying to replace traditional agriculture?
16. What trend has been observed in the financial success of companies that produce alternative meat products?
17. Why does Grunwald believe “regenerative agriculture” and indoor farming might not be the ultimate solution to feeding people sustainably?
18. How does Vaclav Smil differ from Grunwald in his view of climate change’s place in the food production debate?
19. What potential does Smil see in minimizing the amount of discarded edible goods worldwide?
20. What unintended economic consequence did the Green Revolution have for some farmers who could not afford modern farming inputs?

7.

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<https://www.newyorker.com/news/annals-of-a-warming-planet/what-is-the-opposite-of-oil-drilling>

a) Insert the correct forms of the missing words.

<p style="text-align: center;">What Is the Opposite of Oil Drilling?</p> <p style="text-align: center;">A growing industry aims to remove carbon from the atmosphere—but it’s still in its infancy, and greenhouse-gas emissions remain dangerously high.</p> <p style="text-align: center;">By Michelle Nijhuis June 7, 2024</p> <p>Monte Markley, a _____ (GEOLOGY) who lives on a farm near Wichita, Kansas, describes his job as “putting things underground and keeping them there.” As an _____ (ENVIRONMENT) consultant, he specializes in disposing of industrial waste in subterranean rock formations. “All through my career, I’ve helped industries deal with the things that come out of the back side of a plant that nobody wants to talk about,” he told me. In early 2020, he got a call from Shaun Kinetic, a co-founder of a Bay Area company called Charm Industrial. Kinetic, who has experience building robots, satellites, and rockets, wanted to know how to dispose of a _____ (PARTICULAR) troubling kind of waste: the excess carbon that contributes to global warming.</p> <p>Markley had worked with companies that were trying to capture and store their own carbon _____ (EMIT) before they entered the atmosphere. But Charm was working with carbon that was already in _____ (CIRCULATE). The company was adapting a machine called a pyrolyzer, which heats plant material such as cornstalks in an oxygen-free environment, so that the plants turned into bio-oil, a carbon-rich liquid with the color and _____ (CONSIST) of dark maple syrup. Kinetic wanted to know whether it was feasible to dispose of bio-oil underground. Markley said that it</p>	<p>geologist</p> <p>environ- mental</p> <p>parti- cularly</p> <p>emis- sions</p> <p>cir- culation</p> <p>con- sistency</p>
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<p>was—in fact, bio-oil would likely remain trapped there for centuries, if not longer. The process would resemble the drilling and burning of _____ (CONVENTION) oil, but in reverse.</p> <p>In late 2021, Kinetic called again. Charm’s team hoped that, eventually, mobile pyrolyzers would allow the company to produce bio-oil on farms. To that end, Kinetic asked, could Charm Industrial test the latest version of its pyrolyzer on Markley’s land? Markley talked it over with his wife, Anna. Together, they had restored the acres they now farm, and both had a long-standing interest in _____ (CONSERVE); the search for climate solutions appealed to them. Markley remembers thinking, “Wouldn’t it be cool to be able to tell our kids what we were a part of?” The couple signed an _____ (AGREE) to lease land to the company.</p> <p>In January, 2022, a procession of semitrailers delivered three large shipping containers to the Markleys’ farm. Kinetic and his wife, Kelly, another Charm co-founder and the company’s chief technical officer, arrived in their Kia three days later, having been delayed by a blizzard. Charm’s engineers unpacked the pyrolyzer a few hundred yards from the Markleys’ house; they had nicknamed the device the Apatosaurus, after the long-necked, herbivorous dinosaur. Markley was delighted by its gangly _____ (COMPLEX). “It looked like something that would show up on Elon Musk’s Twitter,” he told me.</p> <p>Then came the realities of a Midwestern winter. Snow piled up on the _____ (CONTAIN) that housed the pyrolyzer. _____ (FREEZE) temperatures stalled the machine’s LCD screens. The pyrolyzer was designed to process ten metric tons of biomass per day, but cornstalks from nearby farms contained rocks and other debris that had to be filtered out. The machine often hummed until two in the morning. “My wife would be, like, ‘What have you done?!’” Markley recalled. The couple sometimes invited the tinkerers in for coffee or dinner. After six months, the number of tons of bio-oil that the Charm team had produced was in the single digits. The pyrolyzer worked, but nowhere near as well as it needed to.</p> <p>The best way to stave off _____ (CATASTROPHE) climate change is to stop burning fossil fuels. Lately, though, the world’s leading climate scientists have warned that a gradual phase-out of oil, gas, and coal won’t be enough. If _____ (HUMAN) is to keep the planet from warming more</p>	<p>con- ventional</p> <p>con- servation agree- ment</p> <p>com- plexity</p> <p>container Freezing</p> <p>cata- strophic</p> <p>humanity</p>
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<p>than 1.5 degrees Celsius, we will likely need to remove at least a gigaton of carbon, and _____ (POSSIBILITY) more than ten gigatons, from the atmosphere every year — and to stash it somewhere for centuries to come. (One gigaton is more than twice the combined _____ (WEIGH) of every person on the planet.) Critics of carbon _____ (REMOVE) have long feared that it will offer polluters an easy way out, by giving them an excuse to continue their emissions. The real problem may be that there is nothing easy about it.</p> <p>Last summer, as Charm was preparing for its next field test, I travelled to the plains of _____ (NORTH-EAST) Colorado to visit the company’s “miniforge,” which is neither miniature nor a functioning forge. Charm rents a thirty-thousand-foot warehouse that looks, from the inside, like a very roomy tech company; about ten _____ (EMPLOY) were sitting in front of computer screens, within easy reach of a pickleball court. The other side of the warehouse smelled, incongruously, like a pine forest. The walls were stacked with two-hundred-and-fifty-gallon bags, each one filled with wood chips from trees that had been cut to curb wildfires. In the parking lot out back stood a pyrolyzer known as the NutriBullet, a roughly ten-foot-tall machine that was sheltered from the sun by a white tent. A narrow conveyor belt, rising _____ (STEEP) to a series of boxy chambers, gave the setup a Rube Goldberg aspect.</p> <p>The NutriBullet requires a small amount of propane to start up, but the biomass it processes provides enough energy to keep it going. Grumbling quietly, it consumed a _____ (HAND) of matchbook-size chips at a time, as a trio of workers in overalls and safety glasses monitored its vitals. I followed Grace Connors, an M.I.T.-trained engineer with red hair and bright-green eyes, to a large plastic tank. “Do you smell it?” she asked.</p> <p>I did. The tank was two-thirds full of bio-oil, and it smelled faintly sweet, even appetizing. The most _____ (FAME) product of bio-oil is “liquid smoke,” the flavoring despised by barbecue purists. Some Charm employees grow so tired of the smell that they _____ (ULTIMATE) lose their taste for grilling.</p> <p>Charm was drawn to its northeastern Colorado location because the area is rich with not only corn but also energy infrastructure, which attracts a skilled</p>	<p>possibly</p> <p>weight removal</p> <p>north- eastern</p> <p>em- ployees</p> <p>steeply</p> <p>handful</p> <p>famous</p> <p>ultimately</p>
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<p>workforce. A straight gravel road leading to the miniforge is lined with _____ (AGRICULTURE) fields and bobbing pumpjacks; current miniforge employees have experience in solar and wind-turbine _____ (INSTALL), agricultural finance, and tractor design.</p> <p>Charm traces its origins to a customer-data company, Segment, which four college students founded in 2011. In 2014, Segment tried to reduce its carbon emissions by purchasing _____ (RENEW)-energy credits, limiting the red meat in company lunches, and buying carbon offsets. Segment paid about twenty thousand dollars to protect rain forests in Indonesia and Brazil, Peter Reinhardt, a co-founder who served as the company’s C.E.O., said. But he became skeptical about the _____ (EFFECTIVE) of these efforts. “All you got was a paper certificate that said, ‘You did it!’ ” Reinhardt told me. “Was it successfully protected? Which forest was it? Can you show me on Google Maps? It was _____ (TOTAL) opaque.” The next year, wildfires devastated Indonesia. Reinhardt remembers thinking, “Well, this seems pretty fucked.”</p> <p>Reinhardt started spending Saturdays in startup mode, trying to vet alternatives to offsets with several colleagues. They wanted to invest in technologies that reduced the carbon in the atmosphere, but all of the _____ (OPT) were flawed. Nature-based solutions, such as forest _____ (RESTORE) and soil conservation, seemed to be the simplest and the cheapest. But Reinhardt worried that their benefits were difficult to measure and often overstated, and that they were vulnerable to climate-fuelled disasters. Direct air capture, which _____ (TYPICAL) uses fans to draw air through a carbon-trapping chemical filter, is more quantifiable and durable, but it consumes fantastic amounts of energy. Other carbon-removal methods—enhanced rock weathering, kelp farming—seemed speculative, and came with their own _____ (CERTAIN) and downsides.</p> <p>At first, Reinhardt and his colleagues wanted to convert carbon into _____ (USE) products. They planned to use pyrolysis to produce biochar—a solid form of carbon that resembles charcoal and can enrich soil—as well as syngas, which can fuel _____ (INDUSTRY) processes such as steelmaking. In February, 2018, Reinhardt created Charm Industrial along</p>	<p>agri-cultural in-stallation</p> <p>re-newable</p> <p>effective-ness</p> <p>totally</p> <p>options re-storation</p> <p>typically</p> <p>uncer-tainties</p> <p>usable</p> <p>industrial</p>
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<p>with three co-founders, including Shaun and Kelly Kinetic. They secured seed funding from private _____ (INVEST), including Reinhardt himself. (The Kinetics helped lead the company for five years and left in 2023.)</p> <p>Charm’s timing was both fortuitous and foreboding. In October of that year, the Intergovernmental Panel on Climate Change said that limiting global warming to 1.5 degrees Celsius would require the removal of up to a thousand gigatons of carbon by 2100. Charm had joined a nascent industry — but no company had the capacity to remove carbon at anything close to a _____ (COMMERCE) scale.</p> <p>In the U.S., the corn industry alone produces some four hundred million metric tons—two-fifths of a gigaton—of stalks and leaves each year, around fifty per cent of which is carbon. According to Charm’s estimates, half of those stalks and leaves could be removed _____ (SUSTAIN). American forests also produce significant amounts of biomass; last year, the U.S. Forest Service and its partners cut trees and brush on more than 2.3 million acres of land to reduce the risk of fires. When these materials burn or are left to decompose, much of their carbon is released into the atmosphere. The trouble is that they’re also too light and bulky— _____ (ESSENCE), too fluffy — to transport cheaply. And, the more biomass you want, the more you wind up paying for every ton, because large suppliers are fewer and _____ (FAR) between. “You might be able to get a ton of biomass delivered somewhere for sixty dollars,” Reinhardt told me. “But, if you want a million tons, each one might cost one hundred and fifty dollars.” In 2020, Reinhardt started to worry that these factors would drive up the price of syngas, making it too _____ (EXPEND) for the steel industry.</p> <p>Shaun Kinetic, Charm’s chief scientist at the time, proposed an alternative: perhaps, instead of shipping biomass a long way to a centralized pyrolyzer, Charm could move smaller machines to farms and forests. If the company could adjust their pyrolyzers to make primarily bio-oil, instead of biochar and syngas, the company would have a high-density, easily _____ (TRANSPORT) form of carbon (which would later be convertible into syngas).</p> <p>As soon as Charm engineers had produced a few vials, however, Kinetic grew _____ (ANXIETY) about how they would get rid of excess bio-oil. He had worked in laboratories in Colorado and Antarctica, and had learned that</p>	<p>investors</p> <p>com- mercial</p> <p>sus- tainably</p> <p>essential- ly</p> <p>farther/ further</p> <p>expensive</p> <p>trans- portable</p> <p>anxious</p>
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<p>abandoned chemicals can become hazards. That was when he started to call companies that specialize in the _____ (DISPOSE) of liquid waste, like the one that employs Monte Markley. He was astonished to learn that the U.S. is home to hundreds of thousands of disposal wells, which are _____ (ROUTINE) injected with waste — cheese whey, brine from meatpacking facilities, and, more commonly, byproducts of oil-and-gas drilling — that can’t feasibly be burned, recycled, or dumped in a landfill. (The oil-and-gas industry has _____ (SUCCESS) lobbied for exemptions from environmental regulations for its disposal wells, and, in recent years, its high-pressure injection of polluted water has led to groundwater contamination and earthquakes.)</p> <p>Kinetic initially thought of disposal wells as little more than a place to store _____(MESS) materials. But in the aftermath of his conversations with Markley, while under a COVID-19 lockdown in San Francisco, he realized that the wells might themselves serve as a carbon sink. Before oil, gas, and coal were extracted and burned, producing vast quantities of greenhouse gases, their gigatons of carbon had been trapped underground; by burying bio-oil in a disposal well, Charm might start to undo some of the harms of fossil fuels.</p> <p>Charm applied for a patent for bio-oil _____ (INJECT) as a means of carbon removal. A few weeks later, the company found its first customer. Stripe, the payment-processing company, wanted to spur _____ (INNOVATE) in carbon storage by spending at least a million dollars a year on “negative emissions technology.” The company promised to pay six hundred dollars a ton for hundreds of tons of carbon storage — a _____ (COMMIT) worth about a quarter-million dollars. Soon, Microsoft, Square, Shopify, and other tech companies made similar promises to Charm and its industry peers. “Shit,” Reinhardt remembers thinking. “Now we have to go do this work.” In January, 2022, fourteen months after Segment was purchased for \$3.2 billion, Reinhardt left the company and became Charm Industrial’s full-time C.E.O.</p> <p>Although bio-oil looks similar to crude oil, it’s _____ (CHEMICAL) much messier, composed of a hodgepodge of molecules rather than uniform chains of hydrocarbons. It contains organic acids that can corrode steel and</p>	<p>disposal</p> <p>routinely</p> <p>success-fully</p> <p>messy</p> <p>injection</p> <p>innovation</p> <p>commitment</p> <p>chemically</p>
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<p>aluminium, and has a tendency to solidify. In part for these reasons, it's not a very _____ (FUNCTION) fuel. Charm hired contractors, including Markley's company, to evaluate the impact of injecting bio-oil into different geological layers, under various temperatures and _____ (PRESS). (Charm said that because bio-oil hardens, and because of its _____ (DENSE) and the _____ (DEEP) at which it is buried, it is unlikely to leak into water sources.)</p> <p>The results were mixed. During one test, in early 2023, Charm engineers pumped a truckload of bio-oil into a holding tank. Then they discovered that the holding tank contained some residual water, which caused the bio-oil to separate into phases, like salad _____ (DRESS). Cold outdoor temperatures congealed the _____ (OIL) bottom layer; when workers released the tank's contents into a quarter-mile pipeline that led to a deep injection well, it quickly filled with gunk. "It was an 'Oh, shit' moment," Reinhardt told me. Charm's equipment _____ (OPERATE) learned to insulate their holding tanks and check for moisture. Only after several successful tests were the co-founders _____ (CONFIDE) that they could permanently store bio-oil underground. Now they had to produce enough to help the climate.</p> <p>In the startup world, co-founders often reframe _____ (FAIL) as "learnings," and Charm's first field test, on Markley's farm in Kansas, yielded plenty. For Reinhardt, the big one was that "the machine _____ (PROBABILITY) never should have been in Kansas." If Charm wanted to sell gigatons of carbon removal, it would have to increase its pyrolysis capacity by orders of magnitude. To do that, it would have to build, test, and improve its machines much more quickly than far-flung field trials would permit.</p> <p>Carbon removal has another, more _____ (FUNDAMENT) problem. Carbon dioxide can still be dumped into the atmosphere more or less for free; from a financial perspective, why would anyone pay to take it out? Unless more companies make climate _____ (RESPONSE) part of their brands, or governments force them to comply with environmental regulations, carbon removal will be a bad deal.</p> <p>There are very few historical precedents for the _____ (GROW) that the climate crisis demands of the carbon-removal industry. In the mid-</p>	<p>functional</p> <p>pressures</p> <p>density</p> <p>depth</p> <p>dressing</p> <p>oily</p> <p>operators</p> <p>confident</p> <p>failures</p> <p>probably</p> <p>funda- mental</p> <p>respon- sibility</p> <p>growth</p>
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<p>twentieth century, the synthetic-fertilizer industry grew at a blistering pace, Gregory Nemet, a professor at the University of Wisconsin-Madison who studies energy policy, told me. More recently, the solar-energy _____</p> <p>(BUSY) has grown faster than almost any other, thanks in part to the rapidly falling costs of making solar panels. But both industries were able to offer their customers a tangible product with immediate benefits. Carbon removal _____ (SIMPLE) offers us a better collective chance at survival. It's arguably more valuable, but harder to value.</p> <p>The best analogue for the carbon-removal industry may be waste _____ (MANAGE), according to Noah Deich, who serves in the Biden Administration as a senior adviser for the Office of Fossil Energy and Carbon Management, in the Department of Energy. As with garbage _____ (COLLECT), Deich told me, "carbon removal delivers a service that I think we want as a society." And, although trash has certainly made some entrepreneurs rich, its safe and permanent disposal ultimately depends on public _____ (FUND). As part of the Infrastructure Investment and Jobs Act, the Biden Administration recently announced a \$1.2-billion investment in carbon removal, which funds two large direct-air-capture facilities. In late May, the Department of Energy announced credit-purchase agreements with Charm and twenty-three other carbon-removal companies. "We now have a business model emerging for carbon removal that could be scaled," Deich told me.</p> <p>Polluters are already touting carbon removal as a _____ (JUSTIFY) to keep polluting, however. Occidental Petroleum, one of the largest oil-and-gas producers in the United States, is a partner in the federally funded carbon-removal facility in Texas. Its C.E.O., Vicki Hollub, has predicted that carbon removal "is going to be the technology that helps to preserve our industry over time."</p> <p>By August, 2023, Charm engineers felt that they had made enough _____ (IMPROVE) to the pyrolyzer to justify another field test. ♦</p>	<p>business</p> <p>simply</p> <p>manage- ment collection</p> <p>funding</p> <p>justifi- cation</p> <p>improve- ments</p>
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b) Answer the questions.

1. What kind of professional background does Monte Markley have, and what does his work mainly involve?
2. How does Charm Industrial's approach to carbon waste differ from traditional carbon capture methods?
3. What transformation does the pyrolyzer perform on plant materials, and what is the resulting substance compared to in appearance?
4. Why did Markley and his wife find the idea of hosting the pyrolyzer on their farm appealing?
5. What challenges did Charm Industrial face during the first winter of operating the pyrolyzer on Markley's property?
6. Why is reducing the use of fossil fuels alone considered insufficient to prevent severe climate change?
7. How much carbon removal is estimated to be necessary annually to keep global warming below 1.5 degrees Celsius?
8. What are some of the concerns critics have about carbon removal technologies?
9. Describe the work environment and setting at Charm Industrial's "miniforge" facility in northeastern Colorado.
10. What is the significance of the bio-oil's smell and what impact does it have on some Charm employees?
11. Why was the location in northeastern Colorado advantageous for Charm Industrial's operations?
12. How did the founders of Charm Industrial initially address their skepticism about carbon offsets?
13. What were the limitations of nature-based solutions and direct air capture that Charm's founders encountered?
14. What products did Charm originally intend to create from carbon, and how do they benefit industry and agriculture?
15. How did the timing of Charm Industrial's founding relate to global climate goals outlined by the IPCC?
16. What logistical problems arise from the nature of biomass as a raw material for carbon removal?
17. What innovation did Shaun Kinetic propose to improve the efficiency of bio-oil production and transportation?

18. What environmental and regulatory issues did Kinetic discover about underground waste disposal?
19. How did Charm's early bio-oil storage tests highlight practical difficulties in handling the material?
20. What economic and regulatory challenges must the carbon removal industry overcome to become viable on a large scale?

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<https://www.newyorker.com/magazine/2025/01/13/why-is-the-american-diet-so-deadly>

a) Insert the correct forms of the missing words.

<p>Why Is the American Diet So Deadly?</p> <p>A scientist tried to discredit the theory that ultra-processed foods are killing us. Instead, he overturned his own understanding of obesity.</p> <p>By Dhruv Khullar January 6, 2025</p> <p>Food scientists are investigating a possible cause of the _____ (OBESE) epidemic which wasn't named until the twenty-first century: ultra-processed foods.</p> <p>Until recently, Guillaume Raineri, a forty-two-year-old man with a bald head and a bushy goatee, worked as an HVAC technician in Gonesse, a small town about ten miles north of Paris. The area lends its name to <i>pain de Gonesse</i>, a bread _____ (HISTORY) made from wheat that was grown locally, milled with a special process, and fermented slowly to develop flavor. The French élite once savored its crisp yet _____ (CHEW) crust and its tender, subtly sweet crumb.</p> <p>In November, for four weeks, Raineri moved into a room that featured a narrow hospital bed, an austere blue recliner, and an exercise bike, which he was supposed to use for an hour a day. "It's not as bad as it looks," he said. His wife took to visiting him at the end of her shifts. Once a week, he spent a full twenty-four hours inside a _____ (METABOLISM) chamber, a small room that measured how his body used food, air, and water. He was not allowed</p>	<p>obesity</p> <p>historically</p> <p>chewy</p> <p>metabolic</p>
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to go outside _____ (SUPERVISE), owing to the risk that he might sneak a few morsels of unsanctioned food.	unsupervised
Each day at 9 A.M., 1 P.M., and 6 P.M., Raineri was given an enormous meal—about two thousand calories—and instructed to eat as much as he liked. During the first week, he was offered _____ (MINIMUM) processed foods such as salad, vegetables, and grilled chicken, and he felt great. But, every Friday, researchers changed his diet. He was soon eating calorie-dense, processed foods that, in his words, “just sat in my stomach”: chicken nuggets, fries, peanut-butter-and-jelly sandwiches. He developed heartburn and began to feel bloated, sluggish, and _____ (IRRITATE).	minimally
A few days before Thanksgiving, I entered the imposing brick building known as the N.I.H. Clinical Center. Raineri was sitting in bed, scrolling through his phone in pale-blue pajamas; biometric activity bands were wrapped around his waist, wrist, and ankle. It was almost time for his _____ (DAY) “resting-energy-expenditure test,” to gauge how his metabolism was changing from one diet to the next. Raineri lay down; Grindstaff dimmed the lights and fitted what looked like an astronaut’s helmet around his head. A monitor estimated that he’d burn around seventeen hundred calories if he lay in bed for the rest of the day.	irritable
In the past half century, nutrition scientists have blamed health conditions such as obesity, diabetes, and heart disease on many features of the American diet, including _____ (SUGAR) beverages and saturated fat. These factors surely contribute to Americans’ uniquely poor health. But Kevin Hall, the N.I.H. study’s principal investigator, was researching a possible culprit that wasn’t named until the twenty-first century: ultra-processed food. The problem, Hall believed, might have less to do with high levels of sodium or cholesterol than with industrial techniques and chemical _____ (MODIFY). From this perspective, homemade jam on <i>pain de Gonesse</i> would be fine; Smucker’s on Wonder Bread would not, even if it contained less sugar and fat. “The thesis is that we’ve been focusing too strongly on the individual _____	daily
	sugary
	modifications

<p>(NUTRIENT) components of food,” Hall told me. “We’re starting to learn that processing really matters.”</p> <p>In recent years, dozens of studies have linked ultra-processed fare to health problems such as high blood pressure and heart attacks, and also to some problems that one might not expect: cancer, _____ (ANXIOUS), dementia, early death. One _____ (ANALYSE) found that women who ate the most ultra-processed food were fifty per cent more likely to become depressed than those who ate the least; another found that men who consumed more had _____ (SUBSTANTIATE) higher rates of colon cancer.</p> <p>On the other hand, processing also has some benefits. It prevents food from going bad or being contaminated during _____ (STORE) and transport; it allows more people to eat convenient and varied meals, even when particular foods are not in season; and it helps the world feed a growing population. Walter Willett, a Harvard professor who may be the most cited nutrition researcher in the world, argues that studies like Hall’s are “worse than _____ (WORTH) — they’re _____ (LEAD).”</p> <p>I asked a tall, brown-haired cook which diet he most likes to prepare. “Preparing a day’s worth of ultra-processed meals might take an hour,” he said. “Unprocessed meals could take three or four times as long.” He brought his knife down _____ (FORCE), cleaving a carrot in two, and continued: “If I’m swamped, I’d rather make the ultra-processed menu. But if I had to pick one to eat for the rest of my life? Unprocessed, no question.”</p> <p>A _____ (CENTRE) question of the study is whether, consciously or unconsciously, _____ (PARTICIPATE) eat more when they’re given ultra-processed foods—and, if so, why. This is why participants are offered such immense portions and can stop whenever they want.</p> <p>The term “ultra-processed food” was introduced by a Brazilian epidemiologist named Carlos Monteiro. In the early seventies, Monteiro was a primary-care doctor in the Ribeira Valley, an</p>	<p>nutritional</p> <p>anxiety analysis</p> <p>substantially</p> <p>storage</p> <p>worthless misleading</p> <p>forcefully</p> <p>central participants</p>
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<p>_____ (POVERTY) part of rural Brazil, and he treated many plantation workers with swollen bellies, stunted growth, and _____ (EXHAUST). He started to think that they needed better food, in larger quantities, more than they needed medicine. He relocated to São Paulo, hoping to study _____ (NUTRITION). Then he learned that around a million Brazilians were growing obese each year. Strangely, a shrinking number of people were buying ingredients that doctors blamed for the obesity epidemic, such as salt, sugar, and oil. The paradox troubled him.</p> <p>In the nineties, many nutrition researchers began to turn their focus away from individual nutrients (antioxidants are good, saturated fat is bad) and toward broader _____ (DIET) patterns. Monteiro developed a theory. Households that bought less salt weren't eating less salt. They were no longer cooking. A growing share of their meals arrived in a package. "The issue is not food, nor nutrients, so much as processing," he wrote in a landmark 2009 paper. Novel _____ (BEHAVIOUR) and brain-imaging experiments were showing that eating wasn't always under our conscious control. Monteiro reasoned that something very bad had happened when industrial food systems started churning out cheap, convenient, and tempting foods. He argued that scientists should _____ (CLASS) foods by their most _____ (NATURE) ingredients and by their means of production.</p> <p>Almost all our food is processed in some way, but it matters how and how much. According to Monteiro's NOVA Food _____ (CLASSIFY) System, Group 1 foods are unprocessed or minimally processed: nuts, eggs, vegetables, pasta. Group 2 includes everyday culinary ingredients: sugars, oils, butter, salt. Butter and salt your pasta, and you have a Group 3 food: processed, but not automatically unhealthy. But add a jar of RAGÚ Alfredo sauce—with its modified cornstarch, whey-protein concentrate, xanthan gum, and disodium phosphate—and you're biting into Group 4 ultra-processed fare. The ingredients of a Group 4 meal tend to be created when foods are refined, bleached, hydrogenated, fractionated, or extruded—in other</p>	<p>impoverished</p> <p>exhaustion</p> <p>malnutrition</p> <p>dietary</p> <p>behavioural</p> <p>classify unnatural</p> <p>classification</p>
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<p>words, when whole foods are broken into _____ (COMPOSE) or otherwise chemically modified. If you can't make it with equipment and ingredients in your home kitchen, it's probably ultra-processed. (Monteiro's rubric did not account for industrially farmed crops and livestock, whose use food companies do not necessarily _____ (CLOSE).)</p> <p>Monteiro's peers were not immediately convinced. In the five years after his 2009 paper, there were essentially no scientific studies linking food processing to ill health. It wasn't clear that his rubric had any more _____ (VALID) than the food pyramid, recommended dietary plates, or the nutrition traffic lights that are used in the U.K. But, _____ (GRADE), scientists started to test his theory. In 2015, Hall, the N.I.H. researcher, attended a conference on obesity and presented research into low-fat and low-carbohydrate diets. After he left the podium, some Brazilian nutritionists approached him. " 'That's a very twentieth-century way of thinking,' " he remembers them telling him. " 'The problem is ultra-processed food.' " The term sounded _____ (SENSE). Nutrition is about nutrients, he thought. What does processing have to do with it?</p> <p>Hall, who has short salt-and-pepper hair and often wears a lab coat, originally trained as a _____ (PHYSICS). He became fascinated with nutrition after learning to model diseases at a Silicon Valley startup; while in a similar role at the N.I.H., he started working in a "metabolic ward" that was being built to study diet and exercise. Some of his early research examined metabolic changes in contestants on NBC's "The Biggest Loser," who'd lost drastic amounts of weight. After the Brazilian nutritionists told him about their theory, he designed a trial that he thought would _____ (CREDIT) it. In a study published in 2019, Hall invited twenty people to spend a month at the N.I.H. Clinical Center, where his team measured how their bodies responded to different types of food. (Many researchers rely instead on surveys of what people recall eating.) For two weeks, participants ate a minimally processed diet, _____ (MOST) consisting of Group 1 foods such as salmon and brown rice; for the</p>	<p>components</p> <p>disclose</p> <p>validity</p> <p>gradually</p> <p>nonsensical</p> <p>physicist</p> <p>discredit</p> <p>mostly</p>
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<p>other two weeks, they ate an ultra-processed diet. At least eighty per cent of the calories came from Group 4 foods.</p> <p>Hall ended up refuting his own hypothesis. When participants were on the ultra-processed diet, they ate five hundred calories more per day and put on an average of two pounds. They ate meals faster; their bodies secreted more insulin; their blood contained more glucose. When participants were on the minimally processed diet, they <i>lost</i> about two pounds. Researchers observed a rise in levels of an appetite-suppressing hormone and a decline in one that makes us feel hungry.</p> <p>It wasn't clear why ultra-processed diets led people to eat more or what exactly these foods did to their bodies. Still, a few factors stood out. The first was energy _____ (DENSE)—calories per gram of food. _____ (HYDRATE), which increases shelf life and lowers transport costs, makes many ultra-processed foods (chips, jerky, pork rinds) energy-dense. The second, hyper-palatability, was a focus of one of Hall's collaborators, Tera Fazzino. _____ (EVOLVE) trained us to like sweet, salty, and rich foods because, on the most basic level, they help us survive. Hyper-palatable foods—combinations of fat and sugar, or fat and salt, or salt and carbs—cater to these tastes but are rare in nature. A grape is high in sugar but low in fat, and I can stop eating after one. A slice of cheesecake is high in sugar and fat. I must eat it all.</p> <p>In certain areas, these findings defied the logic of earlier theories of nutrition. If the goal was to minimize processing, then a diet that includes butter might be healthier than one that includes margarine, and one that includes cane sugar might be healthier than one that includes zero-calorie sweeteners. The occasional whole egg, which contains more than half the daily recommended dose of cholesterol, might be _____ (PREFER) to packaged liquid eggs, which are protein-rich and sometimes cholesterol- and fat-free, but often contain _____ (PRESERVE) and emulsifiers.</p> <p>It's common to think about the obesity epidemic, which contributes to nearly three million deaths around the world every year, in terms of</p>	<p>density</p> <p>Dehydration</p> <p>Evolution</p> <p>preferable</p> <p>preservatives</p>
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<p>energy _____ (BALANCE). Sometime in the middle of the twentieth century, the story goes, we started to consume more calories than we burned, and thus we gained weight. There are good reasons to subscribe to this view; feed virtually any animal extra food and it will gain weight. But research has increasingly complicated the “It’s the calories, stupid” model of obesity. Our bodies process carbs differently from fats, for instance; a calorie from corn leads your body to secrete more insulin than a calorie from cheese. Certain food additives seem to activate genes associated with _____ (WEIGH) gain, and things like weight loss and exercise can reset the body’s metabolic rate. “The dirty little secret is that no one really knows what caused the obesity epidemic,” Dariush Mozaffarian, a dean at the Tufts School of Nutrition Science and Policy, told me. “It’s the biggest change to human biology in modern history. But we still don’t have a good handle on why.” If anything, Americans began consuming slightly fewer calories after the turn of the twenty-first century, according to national survey data, yet rates of obesity continued to climb. (Obesity rates in the U.S. may now be falling, possibly owing to the introduction of GLP-1 drugs such as Ozempic, but they remain the highest in the _____ (INDUSTRY) world.) Before reuniting with Raineri, I sat down with Katherine Maki, a clinician and microbiome researcher who is working with Hall, in the atrium. Maki leads what she calls the “poop squad,” which analyzes stool samples to understand how various diets influence the bacteria in our gut. “The foods we eat leave a bacterial signature inside our bodies,” Maki said. “We’re getting better at decoding that signature.” I bit into the remains of my granola bar.</p> <p>One bacterium, <i>B. theta</i>, ordinarily helps us digest fibre. But if we don’t get enough fibre—and ninety-five per cent of Americans don’t—it starts to feed on mucus instead. “Think of it as eating the lining of your gut,” Maki said. “Not good from an inflammation standpoint.” Some of the artificial sweeteners in zero-calorie sodas and “no-sugar-added” desserts, such as saccharin and sucralose, appear to shift the microbiome in ways that impair the body’s handling of sugar. The</p>	<p>imbalance</p> <p>weight</p> <p>industrialized</p>
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spread of the Western diet has coincided with striking declines in microbial _____ (DIVERSE). Some of our gut bacteria have disappeared altogether.	diversity
After breakfast, Raineri donned a hospital gown in the Clinical Center’s dermatology wing.	
“When was the last time you showered?” a dermatologist asked him.	
“Yesterday at eleven,” Raineri said.	
“11 A.M. or 11 P.M.?”	
“Ah, A.M.,” he said.	
The dermatologist seemed satisfied that he was _____ (SUFFICE) dirty. She taped several strips to his forehead and under a tattoo on his back. These would measure the amount of fat that his glands secreted on that week’s diet. Then she swabbed several body parts.	sufficiently
_____ (SCHOOL) of obesity sometimes point out that since the epidemic began humans haven’t had time to evolve as a species—our food must be to blame. This is true, but _____ (COMPLETE), because the foods we consume change our biology.	scholars
Highly processed diets might reduce the _____ (SENSE) of taste receptors, for example, which could mean that we eat more to get the same hit. Taste _____ (PRESUME) evolved to gauge the nutritional content of food, but ultra-processed products don’t need to be _____ (NUTRIENT) to taste good. “With a _____ (PHYSIOLOGY) confusion that barely makes it to the surface of our conscious experience, we find ourselves reaching for another—searching for that nutrition that never arrived,” the physician Chris van Tulleken writes in his recent book, “Ultra-Processed People.” Some scientists have proposed “taste-bud rehab” to _____ (DIRECT) our cravings toward healthy options.	incomplete sensitivity
	presumably
	nutritious physiological
In the afternoon, I joined Raineri for a taste test. The aim was to understand how quickly his _____ (PREFER) shifted when his diet changed—whether fries and chicken tenders made his taste buds crave more salt, for instance. Raineri sat down at a large table; an opaque shield blocked his view of medicine bottles that contained	redirect
	preferences

various _____ (SOLVE) of salt and sugar. A nurse poured two solutions into paper cups. Raineri swished the first in his mouth, _____ (APPEAR) unperturbed, and spit it into a bright-blue bag. But the second made him grimace and stick his tongue out, as though he were sitting through the worst wine tasting ever.	solutions
Hall's original study, which has been cited nearly two thousand times, was the first _____ (RANDOM) trial demonstrating that ultra-processed foods disrupt our metabolic health and lead people to _____ (EAT). Since it was hugely _____ (INFLUENCE), it is widely recognized as the most rigorous examination of the subject so far. "It got the most attention of any study I'll probably ever do," Hall said. It also sparked _____ (CONTROVERSIAL) and _____ (OPPOSE). The study was, by _____ (NECESSARY), conducted in a highly artificial environment. Some of its _____ (FIND) might not have persisted; in the second week that participants ate an ultra-processed diet, for example, their excess calorie _____ (CONSUME) started to fall.	apparently
One of the largest studies of ultra-processed foods, led by researchers at Harvard—including Willett, the critic of Hall's study—divided ultra-processed foods into ten subgroups. Its _____ (CONCLUDE) were more complicated than Hall's. Two types of ultra-processed foods (sugary sodas and processed meats) increased people's risk of cardiovascular disease, but three types (breads and cold cereals, certain dairy products such as flavored yogurts, and savory snacks) seemed to <i>decrease</i> their risk. Another five didn't appear to affect it at all. "Some food additives are good, some are bad, most are probably neutral," Willett told me. Last month, a committee of twenty nutrition experts released its recommendations for updating the U.S. dietary guidelines; it declined to endorse broad limits on ultra-processed foods, calling the currently available evidence "limited," but suggested that people avoid processed meats.	randomized
Talking to skeptics of Monteiro and Hall, I found myself vacillating between excitement about the utility of a burgeoning theory and pessimism about its seeming _____ (FUTILE). "All of this	overeate influential controversy opposition necessity findings consumption
	conclusions
	futility

<p>research is a colossal waste of money,” Alan Levinovitz, a professor at James Madison University and the author of “Natural: How Faith in Nature’s _____ (GOOD) Leads to Harmful Fads, _____ (JUST) Laws, and Flawed Science,” told me. “We already know why populations are gaining weight: ubiquitous, cheap, delicious, calorie-dense foods.” He called it “appalling that we’ve turned this into some kind of research question when the answer is staring us right in the face.” He had a point; many of Monteiro’s recommendations can _____ (ARGUE) be summed up with seven words from “In Defense of Food,” the 2008 book by Michael Pollan: “Eat food. Not too much. Mostly plants.”</p> <p>Hall argues that research into ultra-processed foods, which make up an estimated two-thirds of the American diet, could prove _____ (USE) to the very companies that manufacture them. “Industry is just as happy to sell you a healthy version as an unhealthy one,” he told me. But Big Food is adept at contorting nutrition science to promote its products.</p> <p>Of course, since no previous theory has succeeded in halting or even fully explaining the obesity epidemic, we need new ideas. “It’s long past time that the scientific community seriously considered alternate hypotheses,” Mozaffarian, the Tufts dean, told me. (He thinks that ultra-processed foods have probably contributed to rising obesity rates and suspects that biological changes—such as _____ (ALTER) in our microbiomes, metabolisms, and epigenetics—have played a role, too.) Historically, there have been separate movements against sugary sodas, fast food, and _____ (HARM) additives, but a concept like ultra-processed foods could unify politicians, parents, and public-health professionals around a single health campaign. Robert F. Kennedy, Jr., who may soon lead the U.S. Department of Health and Human Services, has made common cause with some lawmakers by railing against ultra-processed food, pledging to remove it from public schools and limit the use of pesticides, artificial dyes, and, perhaps more _____ (DOUBT), seed oils. “We need to stop feeding our children poison and start feeding them</p>	<p>goodness</p> <p>unjust</p> <p>arguably</p> <p>useful</p> <p>alterations</p> <p>harmful</p> <p>dubiously/ doubtfully</p>
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<p>real, wholesome food again,” he posted on X in November. (Kennedy’s collaborators will need to navigate his thicket of _____ (FOUND) claims about viruses, vaccines, and wellness fads.) Some experts want to eliminate agricultural subsidies for corn and soy; others have advocated for a tax targeting ultra-processed products, which is being tried in Colombia, or marketing restrictions, which have been introduced in Chile.</p> <p>While reporting this story, I became obsessed with checking nutrition labels, but I don’t think that I managed a single day without eating an ultra-processed food. I’d order a salad and the dressing would contain preservatives; I’d pick up a parfait and would be felled by a sweetener in the granola. My own medical tests border on prediabetes, and I try to cook healthy dinners for my three kids. But I often acquiesce to their demands for pizza, saving myself not only time but negotiations over every broccoli floret (eat four if you’re four, two if you’re two, and so on). With fries, I have to negotiate with them to stop. In the moment, these concessions feel _____ (ESCAPE) and inconsequential. Afterward, while sitting up in bed with reflux, I worry about the example I’m setting and resolve, again, to do better.</p> <p>On a warm November afternoon, at a cozy French café in lower Manhattan, I met up with a person who, I hoped, might restore a sense of perspective. Marion Nestle, a towering figure in American nutrition, is a molecular biologist and nutritionist who started the country’s first academic food-studies program, at N.Y.U., helping to bring attention to the roles that culture, _____ (CAPITAL), and politics play in what and how much we eat.</p> <p>We sat down at a table, and I placed the cookie on a napkin. “Pretty ultra-processed, right?” I said.</p> <p>“Butter, sugar, flour, eggs,” she said. “Actually, I think it’s probably O.K.” She broke off a piece and popped it into her mouth. (In other ways, she noted, cookies are not exactly healthy.)</p> <p>“You’ve got to understand how we got here,” Nestle said, launching into a monologue about the evolution of nutrition science. In her telling, the first era began in the early twentieth century, after the</p>	<p>unfounded</p> <p>inescapable</p> <p>capitalism</p>
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<p>discovery of vitamins. During the Second World War, U.S. military leaders were alarmed that many recruits, having grown up during the Great Depression, couldn't join the war effort because of conditions caused by a lack of nutrients, such as rickets, scurvy, anaemia, and tooth decay. "That came as a shock, and the military became _____ (HEAVY) concerned with nutrition," she said. It partnered with the National Academy of Sciences and the National Research Council, which together published the first recommended dietary _____ (ALLOW) for various nutrients.</p> <p>Nestle sipped her tea. The second era began in the years after the war, she said, when heart disease was emerging as a leading killer. In the mid-twentieth century, around the time that scientists were identifying plausible dietary culprits—salt, fat, cholesterol—Nestle's father died of a heart attack. In the late seventies, a Senate committee led by George McGovern issued a report calling on people to consume less dairy and red meat. But, after blowback from industry, the _____ (GUIDE) was reworked to _____ (EMPHASIS) nutrients (in this case, saturated fats) instead of foods. "Eating less is very bad for business," Nestle said. She argues that this act of _____ (APPEASE) cast a long shadow. "Even today, when people talk about what we need to eat more of, they talk about food," she said, her voice rising. "But when they talk about what we need to eat less of, they switch to nutrients!" She pounded the table; a couple seated next to us glanced over.</p> <p>Nestle and I took a sunset stroll, past a street vender selling hot dogs (beef, salt, sorbitol, potassium lactate), to a nearby grocery store. In the dairy section, Nestle compared a whole-fat yogurt (milk, bacterial cultures) with a low-fat version (milk, bacterial cultures, cornstarch, and pectin, among other things), whose emulsifiers and _____ (THICK) improved _____ (CREAM) and mouthfeel. "See, it can be tricky," she said. It hadn't occurred to me that yogurt with more fat could be healthier than yogurt with less. Still, Nestle told me, "it matters how 'ultra' the ultra-processing is. This yogurt will never be a bag of Doritos."</p>	<p>heavily</p> <p>allowances</p> <p>guidance emphasize</p> <p>appeasement</p> <p>thickeners creaminess</p>
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<p>On our way out, we stopped by the bread aisle, and Nestle noted that many whole-wheat breads, including a brand that I'd recently started buying, were ultra-processed. Some used highly processed flours that are cheaper and easier to work with, but are stripped of nutrients such as fibre and minerals. I thought about something that Willett, the Harvard professor, had told me. He and several of his colleagues enjoy the same kind of whole-grain bread from Trader Joe's. "It's made in a factory," he'd said. "It's ultra-processed. But to say it's unhealthy just because of that is frankly _____ (RIDICULE)."</p> <p>Afew weeks later, I drove an hour and a half east from Manhattan to the headquarters of Seviroli Foods, one of the largest pasta manufacturers in the world. When I arrived, I met Franco LaRocca, a gregarious man who works as the company's corporate chef and vice-president of research and development. I followed him to a part of the factory that was producing beef ravioli for the day. Before entering, we donned hairnets, _____ (SAFE) glasses, and _____ (DISPOSE) gowns that reminded me of the early days of the COVID pandemic. I washed my hands, stomped my feet in white _____ (INFECT) powder, and entered a room that roared like a tarmac.</p> <p>The cone was dumping enriched semolina flour into a gigantic tank. Thick hoses piped in water and eggs. Dough exited onto a blue _____ (CONVEY) belt; a sheeter pressed it into a three-foot-wide carpet. Then a metal mold called a pasta die determined the shape of the ravioli: square, circle, half-moon. Finally, a piston pumped _____ (RHYTHM) up and down, topping the carpet with dollops of ground beef. Seviroli's pasta was processed—it probably had to be, to meet the punishing scale and cost demands of a competitive market. I was trying to decide whether it also earned an "ultra."</p> <p>You could find features of ultra-processing if you looked: Seviroli's cheese ravioli, for example, is mostly ricotta and _____ (RICH) semolina flour, but it also contains guar gum, a stabilizer made from heavily processed beans, and cornstarch. Still, the company</p>	<p>ridiculous</p> <p>safety</p> <p>disposable</p> <p>disinfectant</p> <p>conveyor</p> <p>rhythmically</p> <p>enriched</p>
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<p>limits processing by cooking and immediately freezing pastas, minimizing the use of additives, and avoiding hydrogenated oils.</p> <p>In another room, LaRocca used both hands to lift the lid from a cauldron that stretched ten feet into the air. Steam misted off a bubbling yellow lava; a _____ (BUTTER) aroma filled my nostrils. “We add Asiago,” LaRocca said. “Gives it a nice aged note.” The vat piped its contents into a sort of vending machine for bags of sizzling cheese sauce, which passed through chilled water and into containers the size of dining tables. A forklift ferried some away. I was a little unsettled, but also astonished. Seviroli produced a nearly _____ (FATHOM) amount of food at modest prices—a pound of spinach ravioli goes for six bucks—with _____ (REASON) high-quality ingredients. It seemed to exist on the boundary between _____ (ORDINARY) processed and ultra-processed, and it made me think that there was a middle way—one that, within the practical and economic realities of modern society, could keep people fed without making them sick.</p> <p>Back in LaRocca’s kitchen, he fixed me a plate. The macaroni was al dente; the creamy cheese melted in my mouth. I finished it quickly but refrained from asking for more.</p> <p>“It’s good!” I told him.</p> <p>“Yeah,” he said. “But my daughter prefers Kraft.” ♦</p>	<p>buttery</p> <p>unfathomable</p> <p>reasonably</p> <p>ordinarily</p>
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b) Answer the questions.

1. What emerging dietary factor are researchers currently exploring as a significant contributor to the modern surge in excessive body weight?
2. How did Guillaume Raineri’s living and daily routine change during the four-week research period?
3. What were the main differences in Raineri’s physical sensations and digestive experiences when switching from minimally processed to heavily processed meals?
4. Why is it important for participants to have the freedom to eat large amounts and stop whenever they wish during the study?

5. What is the significance of the term “ultra-processed foods,” and who originally introduced this concept?
6. How did societal changes in Brazil influence Carlos Monteiro’s hypothesis regarding the obesity epidemic?
7. According to Monteiro’s classification system, what distinguishes ultra-processed products from other types of foods?
8. What were some of the initial reactions of the scientific community to Monteiro’s ideas, and how did attitudes begin to shift?
9. In what ways does ultra-processing affect food composition, and why might this be more relevant than the food’s individual nutrient content?
10. How did Kevin Hall’s background and previous research influence his approach to investigating the impact of ultra-processed foods?
11. According to Hall, how might investigations into heavily processed foods inadvertently benefit the producers of these products?
12. What new biological factors does Mozaffarian suggest could be influencing the increase in obesity rates alongside ultra-processed foods?
13. How could the concept of ultra-processed food serve to unite various groups such as policymakers and families in health-related efforts?
14. What stance has Robert F. Kennedy, Jr. taken regarding ultra-processed foods in public institutions, and what challenges might his supporters face?
15. Despite attempts to avoid them, why does the narrator find it difficult to completely eliminate ultra-processed items from their diet?
16. How does Marion Nestle explain the impact of historical events on the evolution of nutritional guidelines in the United States?
17. What criticism does Nestle make about the way dietary recommendations have shifted focus from foods to specific nutrients over time?
18. How do emulsifiers and thickeners in processed dairy products affect their texture and appeal, according to Nestle?
19. What complexities does the author discover about categorizing foods like whole-wheat bread or factory-made products as unhealthy simply because they are processed?
20. In the pasta manufacturing process described, what measures does the company take to limit the extent of processing and use of additives?

VIRI

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