

CrossTalk

CROSSROADS Language Studio's Newsletter April, 2021

CHOCOLATE EASTER

April in the United Kingdom is a month eagerly awaited by many Britons, and for several different reasons.

Around this time, the daily temperatures begin to rise and the elusive sun peeks through the grey sky with greater frequency and the nature, dormant up until now, immediately soaks up the light and the first flowers (daffodils and bluebells) announce the arrival of Spring.

For many people, though, April means Easter holidays, and with it, an excuse to unashamedly gorge on chocolate bunnies and "Easter eggs". For a short time, around this holiday, the supermarket shelves bend perilously from the weight of all the chocolate in all its permutations and variations.



The Christian celebration day is heavily overshadowed by insatiable drive of consumerism, conveniently skipping the very purpose of the day and diluting its religious element.

But it's not all doom and gloom, for there is good news! Especially for chocolate lovers, that is.

Despite the somewhat bad reputation of chocolate for adding extra "layers of insulation", there are several benefits to this confection.



Dark chocolate (above 70% cacao) contains antioxidants and its fat will satisfy your evening crave for snacking. Eating 40 g/day of dark chocolate lowers your stress hormone levels and prevents blood from coagulating, thus warding off heart diseases and diabetes, but also improves the brain's cognitive function.

Chocolate with high cacao content is a rich source of nutrients for gut bacteria that prevent chronic inflammation. It also positively affects your overall mood.

The higher the content of cacao in chocolate, the more benefits there are. However, it's imperative to not overindulge on the sweet, as consuming too much may mitigate the inherent benefits it offers.

Everything in moderation!

Article by Marek

Net News

NET LESSONS: Too busy to come to CROSSROADS?

.... Try our *lessons on the net!*

Check out this link: https://www.healthline.com/nutrition/7-health-benefits-dark-chocolate#TOC_TITLE_HDR_4

Some Thoughts for the Month



Joshua Says: *‘You don’t learn to walk by following rules. You learn by doing, and by falling over.’* This is a quote from Richard Branson, a well-known English businessman. And this is your best approach to learning anything, including a second language. Push forward and don’t worry if you fall – make mistakes along the way, they could even help you progress if you do!

Junko Says: If you are looking for short stories in English to study with, please check out this site: www.penningtonlibrary.org/category/short-stories/. There are a lot of stories for you to choose from so you may be able to find a book you are interested in reading. If you want to practice listening and reading, try: https://agendaweb.org/listening/intermediate_advanced.html. This site provides you with audio practices from beginner to advanced levels.



Marek Says: Japan decided to dispose of the irradiated water, stored in silos at Fukushima power plant, previously used to cool down reactors, which suffered a catastrophic meltdown in 2011. Since the plant is a site of the most severe nuclear disaster in modern history, many countries are carefully monitoring the decontamination process. The latest news garner special attention from global organisations and general public, who are often dismissive or oblivious of the international nuclear waste disposal protocols, which include the discharge of waste water after treatment and heavy dilution.

Mandcy dit: Cette année, le début du printemps était absolument agréable et doux. Si bien que les cerisiers étaient en fleurs très tôt cette année. Toutefois, une très mauvaise nouvelle est tombée. Après la douceur, le gel est arrivé. Un froid glaçant a tué les récoltes françaises de raisins et il n'y aura pas de vin l'année prochaine. Des français sans vin, c'est inimaginable !! Alors, je vous conseille de vous jeter sur les bouteilles françaises car elles vont valoir de l'or !! Santé à tous.



ACROSS

- 2 cause to seem smaller
4 lessening the strength
8 lessen the seriousness
10 a rich, sugary food
14 dangerously
15 overeat immodestly
16 impossible to satisfy
17 painful, swelling caused by injury
18 a great desire
19 without shame
20 changes in character or conditions

DOWN

- 1 difficult to catch
- 3 inactive for the time being
- 5 watching over or protecting from danger
- 6 brief glances
- 7 the number of occurrences with a time period
- 9 in the nature of something
- 11 enjoying to excess
- 12 urgently requiring attention or action
- 13 changing from liquid to solid
- (print version [here](#))

Play A Game!



A word that phonetically imitates, resembles, or suggests the sound that it describes is called an **onomatopoeia**....

Here are a few examples (top list). Select the correct onomatopoeia to suit each image (use the clue sentences to help you).

1. achoo 2. baa 3. beep 4. booed 5. boom 6. bow-wow 7. buzz 8. chirp 9. clanging 10. flapped 11. gargle 12. oinked 13. pop 14. quack 15. revved 16. screeched 17. splash 18. strummed 19. yapping 20. zip



■ The sheep went, " ____ "



■ The flag ____ in the wind.



■ He ____ his bike's engine and the tires ____



■ When they get excited, birds ____

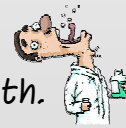


■ Drivers should ____ their horns when they are reversing.



■ Here's the champagne, let's ____ the cork.

■ The large dog said, " ____ ", while the little dog was ____



■ You should ____ after brushing your teeth.



■ The pig ____ when it saw the farmer.

■ He ____ his guitar while singing.



■ There was a tremendous ____ when the cannon was fired.



■ The ____ pots and pans awoke the baby.



■ The crowd ____, but he kept talking.



■ Bees ____ loudest when they enter their hive.



■ ____ your jacket up, it's cold.

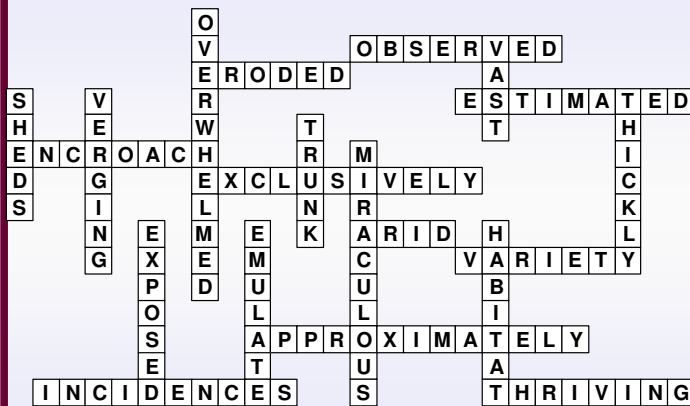
■ He went, " ____ ". Has he got a cold?



■ He made a ____ when he jumped into the pool.



■ When mother ducks ____, their ducklings follow them.



Last Month's puzzle Solution

ACROSS

- 2 noticed, studied
- 4 worn away
- 7 an approximate calculation
- 10 advance beyond the limit
- 12 without others
- 15 lacking sufficient water
- 17 minor differences within the same group
- 18 about
- 19 happenings
- 20 surviving very successfully

DOWN

- 1 too much
- 3 unusually great in size
- 5 get rid of
- 6 coming close to
- 8 concentrated, dense
- 9 main part of a tree
- 11 amazing, wonderful
- 13 to uncover and make known
- 14 copy, equal or match
- 16 a life supporting environment



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See our notice board, or ask Junko in our office, for the details.