

Crossroads

CROSSROADS Language Studio's Newsletter October, 2022

Ice Cream

Let's be frank, when the heat is on, we all scream for ice cream!

Always on the mind of most of us, the ice cream is the most popular and most desirable dessert, the world over.

The journey of the cold treat stretches way back to China 678-97AD, and from then on over to Europe, around the 13th century when the Venetian explorer Marco Polo brought the recipe with him to Italy, after a trip to the Far East.



banana split



scoops
/sku:ps/



cone
/koun/



ice cream bar



gelato
/dʒə'la:təʊ/



sundae
/'sʌndeɪ/



soft serve
/sa:ft sɜ:v/



popsicle
/'pɒpsɪkəl/

toppings — small pieces of nuts, fruit, or candy on top of the ice cream
sprinkles — colorful pieces of candy that are commonly used in desserts

And while not exactly an ice cream, there is a native tree growing in South America that produces beans, which taste exactly like a vanilla ice cream! It is very healthy and packed with vitamins and nutrients.



Have you ever wondered why it is that even when we are full after a big meal, we can still find space for an ice cream? As it turns out, around 50% of the volume of a good quality ice cream is just air, and it's this air that gives the dessert its soft silky texture.

Ice cream is an ideal after-meal treat, but also makes us feel better when we're down. Eating ice cream causes the brain to release serotonin – a happy hormone – which makes us feel cheerful again!

In addition, since dairy-based ice cream contains milk and milk fats, it gives us a short-term boost of energy, and it's also a source of vitamin D, vitamin A, calcium, phosphorus and riboflavin. Apart from this, the different toppings and flavours add extra nutrition components to it. For example, dark chocolate ice cream is loaded with antioxidants and flavonoids, which helps in lowering your bad cholesterol and helps improve your heart's health.

Just keep in mind to enjoy it in moderation, up to two times a week, and preferably opt for low fat and low sugar options.

Article by Marek

Net News

NET LESSONS: Too busy to come to CROSSROADS?

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

For more details, please visit:

https://en.wikipedia.org/wiki/Ice_cream

Some Thoughts for the Month



Joshua Says: With borders around the world opening again, we can expect to see a revival of international travel for business and tourism. The wait has been so long, have you forgotten how to plan a trip overseas? In any case, I suspect it's going to take some time before things pick up again. For one thing, the economy has to get back on its feet so that traveling can become affordable once more. But a trip is a lot better than watching videos about travel.

Junko Says: In the recent "Ipsos" survey, Japan ranked 21st out of 30 countries with 58% of those surveyed saying they were "very happy" or "mostly happy". There are some differences between what is considered "happy" in Japan compared to other countries. Globally, "good health" was considered the biggest test of "happiness", while "a lot of free time", "water, food, home and hobbies" ranked high in Japan. "Safety and security" were ranked low in Japan, while "being in nature" was in the top 10 globally, but under 20 in Japan. Interesting, don't you think?



Marek Says: It's mid-October and Summer is not leaving us just yet! The evening temperatures are quite chilly but, in a day, it is pleasantly warm, minus the incessant humidity. This is the best time to enjoy overnight camping in the mountains or by the sea. The trees high in the mountains have already started changing colours of the foliage. It is my most anticipated time of the year!

Mandcy dit: Apprendre une langue étrangère semble difficile. Toutefois, il est toujours possible de se motiver. Aujourd'hui, je vais vous proposer de vous challenger. En effet, deux fois par an, il est possible de tester votre niveau et en même de vous motiver à apprendre. Au Japon, il existe 3 examens de français. Le premier est un test japonais qui s'appelle le Futsuken. Je vous encourage donc à passer le premier niveau : le N5. Puis, il y a le test international : le DELF, il est très intéressant car on peut tester l'écrit, l'oral, l'écoute et la lecture. Je vous recommande de commencer avec le test A1. Et enfin, il y a le test TCF, c'est intéressant car vous pouvez connaître votre niveau à la fin avec les résultats. Bon courage à tous !



ACROSS

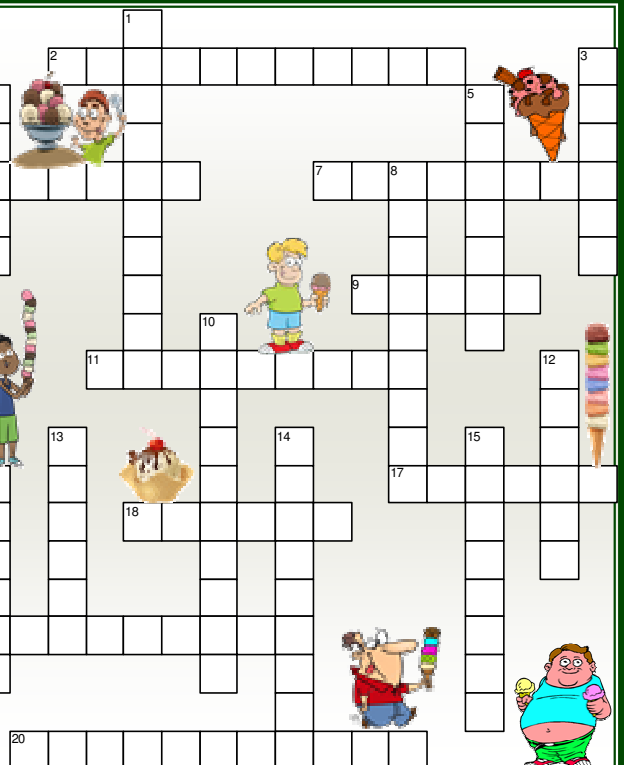
- 2 like a goats horn
symbolizing prosperity
- 6 evidence of a certain quality
- 7 a person who comes from an area in North Italy
- 9 direct, straight manner or speech
- 11 worth having
- 17 a way to serve ice cream
- 18 3-D space
- 19 avoiding excesses
- 20 offered for acceptance or rejection

DOWN

- 1 most desirable
- 3 well known, representative of its type
- 4 smooth to the touch, gleaming surface
- 5 choices
- 8 give energy and build tissue in animals
- 10 a vitamin B that prevents weight loss
- 12 finish up or add on last
- 13 like a pancake
- 14 a part of something larger
- 15 an icy treat on a stick
- 16 seller of goods or services

Play A Game!

Find the answers on P1



(print version [here](#))

Often words that have a very similar meaning are used incorrectly in the place of a more appropriate word. This can lead to confusion. Take the following examples. Which are the most appropriate choices to use in each of the following sentences?

- It won't be long ___ you find a good job.
 - A) until
 - B) before
 - C) pending
- She can't earn enough money for her own ____.
 - A) demands.
 - B) supplies.
 - C) needs.
- The rock band gave a fantastic ____.
 - A) presentation.
 - B) performance.
 - C) display.
- I was ___ TV all night long.
 - A) watching
 - B) seeing
 - C) observing
- Oh, don't worry, it was only ____, nothing serious.
 - A) little talk
 - B) small talk
 - C) minor talk
- As ___ as I'm concerned, there is nothing to worry about.
 - A) long
 - B) much
 - C) far
- I saw a short ___ on YouTube yesterday.
 - A) video
 - B) film
 - C) movie
- He walked ___ me slowly.
 - A) toward
 - B) to
 - C) at



Last Month's puzzle Solution

ACROSS

- 1 ability to withstand hardship
- 7 the pursuit of pleasure above all else
- 9 extreme loss of energy
- 11 people who take part in an event
- 16 forbidding the sale of alcohol
- 17 to bring back
- 18 to the point of exhaustion
- 19 look unintelligently in amazement
- 20 limits, bonds, restrictions

DOWN

- 2 events causing great loss
- 3 current fad, trend, all the rage
- 4 good enough
- 5 extremely unusual
- 6 completely destroying
- 8 removed from a race or contest
- 10 overwhelming, astonishing
- 12 severe, often painful experiences
- 13 distorted, unnatural
- 14 overcome with amazement
- 15 indicating evil



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