

CrossTalk

CROSSROADS Language Studio's Newsletter September, 2024



If you are at all conscious of your health, you must have at some point in your life heard of Omega-3 fatty acids.

And if you've kept your ear closer to the ground, you have by now heard of Omega 6 and its sibling, Omega-9.

These are essential types of fats that are commonly found in our dietary products. Let's take a look, in more detail, at what they are and why they are good for us.

Omega-3, a type of unsaturated fat, is often referred to as "good fat". It is present in plant oils such as canola oil or flaxseed oil, but also nuts, leafy vegetables, as well as marine animals. There are 3 types, the most beneficial of which is present in high levels in wild salmon, tuna, mackerel and sardines. Omega-3 fats positively impact on the health of our heart and vessels. They regulate our cholesterol, reduce the risks of heart failure and heart attack. Additionally, they greatly improve the health of our eyes as well as our brain cells.



Omega-6 is also an unsaturated fat and it is the most readily available type, found in red meat, poultry, eggs, and seafood, but also sunflower oil, tofu, and walnuts, to name a few good sources.

Omega-6 protects our heart, but is particularly beneficial for a normal function of our vital organs such as skin (yes, skin is an organ), muscles, lungs, and the brain.

Both omega 3 and 6 are "essential" fatty acids, meaning that our body cannot produce them, and therefore must be obtained either through the diet or supplementation with pills.



Omega-9, on the other hand, is not an essential fat, as it can be produced in our body, but is nonetheless crucial to our overall health condition. It prevents and regulates inflammation of intestines, liver, eyes and skin.

Omega-9 sourced from olive oil is particularly good at reducing heart conditions as well as lowering the risk of dementia.



Apart from olive oil, it can be commonly found in avocados, almonds, various nuts, and peanut butter, among others.

Our body requires all three types, so it is important to follow a balanced diet. Each of them performs a different role and, in conjunction, work to maintain our overall health at optimal level.

In the current climate, where most of us are overworked and leave little time and consideration to diet, it is challenging to meet the dietary requirements of our body.

Supplementing the diet with fish oil pills might seem like an easy way out, but these pills don't come without side effects. Consuming them often results in an upset stomach or diarrhoea, and bad breath.

Choosing nuts for a snack, eating fatty marine fish for lunch a couple of times a week, and a leafy salad with some olive oil is all you need to meet healthy levels of omega 3-6-9 in your diet, so please keep it in mind from time to time, and be kind to your body!



Article by Marek

Net News

NET LESSONS: Too busy to come to CROSSROADS?

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

For more in-depth take on the subject, please head to: <https://www.chemistdirect.co.uk/omega3-6-and-9>

Slang! It makes understanding English almost impossible unless you're a native speaker. See if you can connect the slang words, highlighted in the following conversation, to their correct meaning in the list below:

Pam: Sup, Roy?

Roy: Hiya, Pam. How's it going?

Pam: Same old, just Chilling.

Roy: Cool...

Pam: You alright? You look sorta beat!

Roy: It's my mate, Joe. He's feeling down cuz some jerk coned him out of a lot of dough.

Pam: No way!

Roy: He hadda hock his axe, so he's gonna miss our band's gig tonight.

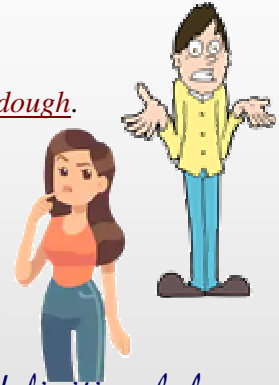
Pam: Seriously?... That's so lame.

Roy: Although he's fam, I dunno what to do to cheer him up.

Pam: That's a shame, but you can't sit on the fence if he's your buddy!

Roy: I know, but I'm fed up with trying to come up with something that could help.

Pam: What a bummer!



Copy the slang word in the conversation above next to its definition below:

- | | |
|--|---------------------------------------|
| 1. a nice way of saying you're not really interested _____ | 17. because _____ |
| 2. hello / How are you? ("Hi") _____ | 18. a high quality guitar _____ |
| 3. a live music performance _____ | 19. tired / exhausted _____ |
| 4. a close friend like a family member _____ | 20. boring, uninspiring _____ |
| 5. the usual / nothing new has happened _____ | 21. unbelievable _____ |
| 6. hello / what's happening? ("What's up") _____ | 22. disappointing _____ |
| 7. tricked, fooled, deceived _____ | 23. a good friend _____ |
| 8. remain undecided, do nothing _____ | 24. a little / in a certain way _____ |
| 9. is there a problem? / Are you OK? _____ | 25. "I don't know" _____ |
| 10. make him feel better, happier _____ | 26. money _____ |
| 11. are you OK? / are you doing well? _____ | 27. that's unfortunate _____ |
| 12. feeling dejected, depressed _____ | 28. "going to" _____ |
| 13. have an original idea _____ | 29. over the limit _____ |
| 14. pawn, borrow money _____ | 30. "had to" _____ |
| 15. a very unpleasant person _____ | 31. a good friend _____ |
| 16. just relaxing / taking it easy _____ | 32. really? _____ |



Last Month's puzzle Solution

ACROSS

- 1 without thinking
- 6 replace with fresh air
- 9 weighing heavily on
- 11 in spite of
- 14 hot enough to burn
- 18 cause to occur quickly
- 19 dominant, too much
- 20 ascending to a higher level

DOWN

- 2 to a greater extent
- 3 essential, urgently needed
- 4 containing water
- 5 the same throughout
- 7 a remarkable development
- 8 sudden and severe attack
- 10 made difficult or slowed down
- 12 increase in volume or significance
- 13 sucking or taking in
- 15 refill or replace
- 16 send out or expand
- 17 more than needed



Don't forget...Our SPECIAL 1+1 Campaign offer! Up to 50% off!!

Ask Junko in our office, for the details.