

CROSSROADS Janguage 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 had, 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 avocadoes, 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

Not Nows

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

Some Thoughts for the Month



<u>Joshua Says</u> Everyone is aware that Japan's population is shrinking, and along with it, the economy. The "bubble" days, when Japan was economically on top of the world, are no more than an almost forgotten memory now. The Japanese Government is constantly reminding everyone of this fact and concluding that international trade – in the form of expanding markets for Japanese products and produce – is now more than essential. But how to move forward? With every advancement, there is a challenge. In Japan's case, communication/language skills still seem to be, for many, insurmountable.

<u>Junko Says</u>: Last month I wrote about the benefits of reading English literature. I found an online library of free eBooks called, "Project Gutenberg". There, you can read "The Tale of Genji", "Japanese Fairy Tales" by Yei Theodora Ozaki, "Kusamakura" by Soseki Natsume, "A Spring Time Case" by Junichiro Tanizaki and some of Lafcadio Hearn's books. There are also many books on Japanese traditional culture. The URL address for this library is: Https://www.gutenberg.org/

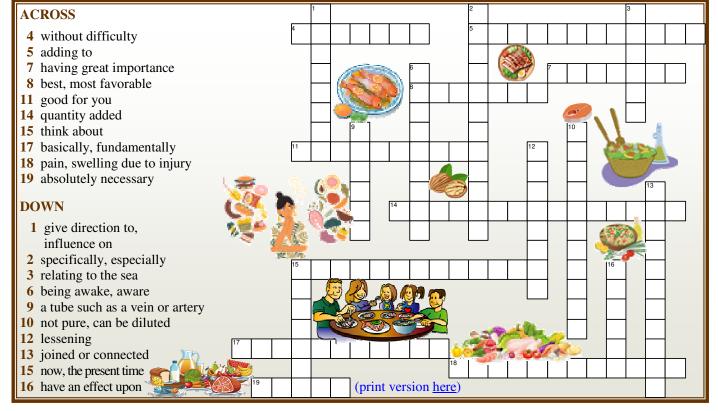




<u>Marek Says</u>: You may know about English wine progressively garnering accolades and fans around the world for its quality, no doubt helped by increasing temperatures in Europe. Recently, a new type of wine is winning hearts and minds of wine enthusiasts in the east of Africa: a banana wine! Produced in Malawi, from bananas that ripen much too quickly due to climate change, it is becoming a big hit and a proof of resilience and adaptability of farmers.

<u>Mandcy dit:</u> Dans le monde entier, la culture japonaise est très populaire. Les étrangers la trouvent exotique et magnifique. Cela explique pourquoi pendant les Emmy Awards, la serie SHOGUN sur Disney+ a été nominée 25 fois et a gagné 18 trophées. J'ai donc telecharger la serie et j'attends de la regarder avec impatience. Et vous, allez-vous la regarder ? Comprenez-vous pourquoi les etrangers sont fascinés ?





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 <u>hadda hock</u> his <u>axe</u>, so he's <u>gonna</u> miss our band's <u>gig</u> 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 <u>fed up with</u> trying to <u>come up with</u> 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 _____
- 2. hello / How are you? ("Hi") _____
- 3. a live music performance _____
- 4. a close friend like a family member _____
- 5. the usual / nothing new has happened ____
- 6. hello / what's happening? ("What's up")
- 7. tricked, fooled, deceived
- 8. remain undecided, do nothing _____
- 9. is there a problem? / Are you OK?
- 10. make him feel better, happier _____
- 11. are you OK? / are you doing well?
- 12. feeling dejected, depressed _____
- 13. have an original idea _____
- 14. pawn, borrow money ___
- 15. a very unpleasant person ___
- 16. just relaxing / taking it easy ___

- 17. because _____
- 18. a high quality guitar _____
- 19. tired / exhausted _____
- 20. boring, uninspiring _____
- 21. unbelievable _____
- 22. disappointing _____
- 23. a good friend _____
- 24. a little / in a certain way
- 25. "I don't know"
- 26. money ___
- 27. that's unfortunate _____
- 28. "going to"_____
- 29. over the limit _____
- 30. "had to"_
- 31. a good friend ___
- 32. really?

y unperelaxing / taking ... INSTINCTIVELY OUT TO THE Y O I T T S A L OVERBEARING A TOARING E SOARING

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

















