

TRANSKRYPCJA TEKSTÓW DO SŁUCHANIA

ARKUSZ II

Zadanie 9.

Please, praise me. We all need to be told we're terrific and to know our best is good enough. Let's listen to some opinions.

9.1. I think affirmation, encouragement and praise are all fairly high on the list of human needs. All fairy stories deal with affirmation, learning that it's so: Snow White is good and the step-mother is wicked. In stories, after a series of problems to be solved, the heroine or hero is generously rewarded. Hugs, cuddles and words are all affirmation of being. They are the kind of things that make the struggle worthwhile.

9.2. In my opinion, you should tell people you want praise. Tell them you can't live without reward or encouragement. To live without rewards is slavery; to live without affirmation is to know loneliness. Give lessons on the kind of rewards you need – anything from a hug to a week in Morocco.

9.3. I really need praise. I respond to it, am motivated by it. I don't mean constant and indiscriminating praise: people saying you've done well when you know you've made a mess of it. Affirmation has to be true.

9.4. With some people you have this feeling that you're being low. With others – through looks, a touch, a smile, little words of encouragement – you feel taller, you feel fine, you have fun and feel affirmed. That's what groups, good neighbours and friends are all about. You don't want it all the time; you'll also want privacy and time to be alone. But you'll want someone to say: 'You're very special. Don't change anything for me.'

9.5. What isn't rewarding is conditional love. *Mummy will love you if you eat your porridge. I'd love you if you were a little bit tidier, cleverer.* Who needs that? I once heard a man say to a woman: *You'd be great if you had a bit more confidence in yourself.* Crap. What he should have said was: *You are lovely. Never alter.*

9.6. I have just read Mia Kellmer Pringle's book *The Needs of Children*. The author of the book tells us the four primary needs are: love and security; new experiences; praise and recognition; and responsibility. I have no quarrel with that except to say that they're also the basic needs of adults, who also need the emotional security of being valued as they are. Positive feedback just gives them the courage to meet all those problems and know that doing their best is good enough.

9.7. Don't just give attention when things go wrong. Let's hear it when things go right. Positive feedback is vital: it helps us to process our experience, to know that we are not alone in believing in what we do. It's like the elderly lady who passed me in the street and said: *You have a very nice face, young man.* Every time you meet someone you like and you don't say it the candle of humanity flickers and the world becomes dreary.

adapted from: Tom Crabtree, Please Praise Me!, Elle, 2000

Zadanie 10.

Welcome to our weekly programme SCIENCE AND HEALTH.

Skipping breakfast seems to be a simple way of losing weight or saving time while getting ready for school or work. But it can also be a sign of an unhealthy lifestyle with potentially dangerous consequences.

According to a study, adults and teenagers who miss the first meal of the day are less likely to look after their health. They tend to smoke more, drink more alcohol and take less exercise. Those who skip food in the morning are also more likely to be fatter and less well-educated, meaning they'll find it harder to find a job.

Previously, experts assumed that missing breakfast – often called *the most important meal of the day* – was simply the marker of a hectic life or a way to try to lose weight. But a recent study at Helsinki University revealed that starting the day without food suggests an unhealthy lifestyle.

Researchers questioned 5,500 teenage boys and girls and their parents in Finland on whether they ate breakfast and how often. Details were also recorded about education, weight and drinking habits. Researcher Dr Anna Keski said that smoking, infrequent exercise, a low level of education, frequent alcohol use and a high body mass index were all associated with skipping breakfast in adults and adolescents.

A disturbing finding was that parents who skip their morning meal teach their children to do the same. According to Dr Keski, children of breakfast-skipping parents were much more likely to skip it themselves.

There's evidence that during early and mid-adolescence, disordered eating patterns are very strongly associated with health-compromising behaviour like use of alcohol, tobacco and marijuana. The research, in the European Journal of Clinical Investigation, backs up evidence that starting the day on a full stomach helps to control appetite and keep weight down. It is thought that breakfast may stabilise blood sugar levels, which regulate appetite and energy.

Amanda Wynne, of the British Dietetic Association, agreed that missing breakfast can be a sign of medical conditions. 'It's an opportunity to get good nutrition into your body,' she said. 'It can also help with performance. Studies show children do better in class when they eat first thing in the morning.'

adapted from: Why Skipping Breakfast Is a Sign of Sickness, Daily Mail, 2003