

We sometimes use the present perfect to start a conversation.
If we wish to explain or ask about details, we often use the simple past with *who, when,* etc. For example:

*Have you had your lunch yet? - Yes, I have.
What did you have? What time did you have it? Where did you have it?*

Have you ever been to the sea? When? Where did you go?	Yes, I've been to the sea. It was in 1999. I went to Croatia.
Have you prepared any reports today? What were they about? How many did you prepare?	Yes, I've prepared some reports today. They were about our sales abroad. I prepared two reports.

Ask a question to start a conversation and then ask about the details.

Where have you been?	I've been to the cinema.
What did you see?	I saw 'Avatar'.
Did you enjoy it?	Yes, I enjoyed it a lot.
Why did you want to see it?	Because I heard it was worth seeing.

pronunciation – practise the following groups of words

Sounds: [e] [ɜ:]
bed-bird; lent-learned;

Sounds: [ɒ] [ɔ:]
pot-port; cot-caught; bod-bought-board; John-Jordan



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topping ['tɒpɪŋ]
nutrition [nju'trɪʃn]
nutritional [nju'trɪʃənl]
grate ['greɪt]

dodatek (*na pizzy*)
odżywianie
odżywczy
(ze)trzeć na tarce

What do we call the top layer of pizza?	We call the top layer of pizza the topping.
What's the most common type of grated cheese used as a pizza topping?	Perhaps, the most common type of grated cheese used as a pizza topping is Parmesan.
What are your favourite pizza toppings?	My favourite pizza toppings are mushrooms, tomato sauce and grated cheese.
What foods are considered to have outstanding nutritional value?	Seafood and fish oils are considered to have outstanding nutritional value.
Do you think junk foods have any particular nutritional value?	Yes, I think even junk foods have some nutritional value.
Is nutrition essential in athletics?	Yes, nutrition is essential in athletics.
What foods can be grated before eating?	Vegetables can be grated before eating.

grind / ground / ground [graɪnd / graʊnd]
grinder ['graɪndə]
instant ['ɪnstənt]
powder ['paʊdə]
powdered milk/milk powder/ AmE dry milk
icing sugar BrE/powdered sugar AmE

mleć, ucierać
młynek
rozpuszczalny
puder, proszek
mleko w proszku
cukier puder

Do your fellow citizens tend to purchase pre-ground coffee, or do they prefer freshly ground coffee from a grinder?	Some of my fellow citizens tend to purchase pre-ground coffee. Others prefer freshly ground coffee from a grinder.
Which do you prefer, freshly ground coffee or instant coffee?	I prefer freshly ground coffee to instant coffee.
If you needed powdered sugar to bake pastries, but it was out of stock in the corner shop near your house, how would you make up for this lack?	If I needed powdered sugar to bake pastries, but it was out of stock in the corner shop near my house, I'd make up for this lack by grinding some sugar myself.
What's the most common advantage of instant foods?	The most common advantage of instant foods is that they can be prepared quickly.
Do you like cakes with powdered sugar as a topping?	Yes, I like cakes with powdered sugar as a topping.
What's the American English word for powdered sugar?	The American English word for powdered sugar is icing sugar.
If a mother can't breast-feed her baby, what can she give them instead?	If a mother can't breast-feed their baby, she can give milk powder to her baby.
Did your mother give you powdered milk when you were a little child?	Yes, my mother gave me powdered milk when I was a little child.



greed [gri:d] greedy ['gri:di] appetite ['æpitait]	chciwość, zachłanność chciwy, zachłanny apetyt
Can a greedy person easily satisfy their appetite?	No, a greedy person can't easily satisfy their appetite.
Do you know any corporation which has been accused of extreme greed? How do you think such cases are revealed?	No, I don't know any corporation which has been accused of extreme greed. I think such cases of extreme corporate greed are revealed either by the competition or the company's clientele.
Why do you think stock exchange brokers and lawyers are often accused of being greedy?	I think stock exchange brokers and lawyers are often accused of being greedy because they are used to handling large transactions.
What do you usually satisfy your appetite with for breakfast?	I usually satisfy my appetite with a cup of freshly ground coffee, toast and scrambled eggs for breakfast.
What kind of appetite do fussy eaters usually have?	Fussy eaters usually have a small appetite.
Why is it unreasonable to allow children to have candies before a meal?	It is unreasonable to allow children to have candies before a meal because it spoils their appetite.
Do you consider greed to be a mental disorder or an addiction?	I consider greed to be both a mental disorder and an addiction.
Can greed affect a relationship? How?	Yes, definitely, greed can affect a relationship. It can ruin a relationship altogether.
spill / spilt / spilt [spil / spilt / spilt] brand new [brænd] beetroot BrE / beet AmE ['bi:tru:t]	rozlać completely new, najnowszy burak

What liquids are usually difficult to remove if spilt on clothes?	Wine, ink and beetroot juice are usually difficult to remove if spilt on clothes.
What would you expect a person to do if they spilt beetroot juice on your brand new shirt?	If someone spilt beetroot juice on my brand new shirt, I'd expect them to pay for the cleaning.
Would you stand paralysed for a moment if that happened?	Yes, I think I'd stand paralysed for a moment if that happened.
What would happen if a ship transporting oil sank and the oil was spilt into the sea?	If a ship transporting oil sank and the oil was spilt into the sea, most animals and fish in the area would die.
Basically, what can such a vegetable as beetroot be used for?	Such a vegetable as beetroot can be used to produce sugar or to feed certain farm animals.
Is the computer a brand new invention?	No, the computer isn't a brand new invention.
Give me an example of a brand new product.	For example, the iPhone 25 is a brand new product.

tender ['tendə] tough [taʃ]	1. wrażliwy, delikatny 2. oferta 1. twardy, wytrzymały 2. trudny
Tell me some synonyms of tender.	Some synonyms of tender are fragile, sensitive, weak and delicate.
Do you know any cooking methods which help soften beef and make it tender? For example?	Yes, I know some cooking methods which help soften beef and make it tender. For example, adding some salt and letting beef rest in a warm oven before serving.
How long do you need to cook chicken if you want it tender?	You need to cook chicken for about one hour if you want it tender.
If you injured your knee, would it be tender for some time?	Yes, if I injured my knee, it would be tender for some time.
Will mothers likely look at their baby tenderly when they make an attempt to say their first word and succeed? What if the child makes the effort to walk instead of crawling?	Yes, mothers will likely look at their baby tenderly when they make an attempt to say their first word and succeed. I think mothers will behave in a similar way if the child makes the effort to walk instead of crawling.
Why is the life of orphans tough?	The life of orphans is tough because they don't have anybody to lean on or trust. They also lack the love of a parent, which is necessary for their psychological development.
Do we like to think that people who join the army, the police or firefighter crews need to be tough?	Yes, I think we like to think that people who join the army, the police or firefighter crews need to be tough.
What's a tender?	A tender's an offer to supply services or goods at a specific price.
In which sports do professional players expect to receive very high tenders?	Professional players expect to receive very high tenders in football or basketball.

ripe [raip] unripe [ʌn'raip]	dojrzały niedojrzały
What do we mean when we say that cheese is mature? How do we know that cheese is ripe?	When we say that cheese is mature, we mean it's ripe. We know that cheese is ripe because of the smell.
Is it good for a person's stomach to eat unripe fruit? By the way, does unripe fruit have the same nutritional value and flavour as ripe fruit? What does it often taste like?	No, it's not good for a person's stomach to eat unripe fruit. No, unripe fruit doesn't have the same nutritional value and flavour as ripe fruit. Unripe fruit often tastes sour or bitter.
What's a ripe old age? Where in the world are people known to live to a ripe old age? And when do you think a person is ripe to retire?	A ripe old age is an age which is very old. People are known to live to a ripe old age in Japan. I think a person is ripe to retire when they are about 65 years old.
Is the time ripe for you to take an exam? Are most people ready to change their approach to work when the conditions are ripe for a change, or do they often delay the change until it's too late?	Yes, the time's ripe for me to take an exam. I think most people aren't ready to change their approach to work when the conditions are ripe for a change, but they often delay the change until it's too late.

The Village, a city in Florida, USA, is one of the places with the oldest average population. The average citizen is over 67 years old.

lean [li:n] 1. chudy (o mięsie) 2. szczupły (o osobie)
skinny ['skɪni] 1. wychudzony (o osobie) 2. obcisłe (spodnie)

A lean person is thin in an attractive and healthy way. A skinny person is very thin, often in a way that suggests an illness, for example, anorexia. We also use the word lean in *Business English* for lean management or lean production. Lean management was developed in Japan and refers to an approach in which we reduce the time of delivery from the supplier, and the time between the production stages and we aim to constantly improve the quality.

Tell me the opposite of lean.	The opposite of lean is obese, fat and overweight.
Tell me some synonyms of skinny.	Very thin or underweight are synonyms of skinny.
How can fasting help you become lean?	Fasting can help you become lean by helping you lose weight or maintain a healthy weight.
Does lean meat contain a lot of fat, or quite the contrary, is the fat content quite low?	Lean meat doesn't contain a lot of fat. Quite the contrary, the fat content is quite low.
Did you realise that although chicken is lean meat, the skin can account for up to 80 per cent of the fat content?	No, I didn't realise that although chicken is lean meat, the skin can account for up to 80 per cent of the fat content.
Would you expect lamb or veal to be leaner than pork chops?	Yes, I'd expect lamb or veal to be leaner than pork chops.
Do skinny trousers have wide or narrow legs?	Skinny trousers have narrow legs.
Has the fashion industry been often accused of promoting skinny models?	Yes, the fashion industry has often been accused of promoting skinny models.
On the other hand, does a lean model look healthy and attractive?	Yes, on the other hand, a lean model looks healthy and attractive.
Does lean management aim to constantly improve the quality in order to satisfy the customer?	Yes, lean management aims to constantly improve the quality in order to satisfy the customer.
Why does lean management attempt to reduce the time between production and supply?	Lean management attempts to reduce the time between the production and supply because it is cost-effective.

famine ['fæmɪn] głód
starve [stɑ:v] głodować, zagłodzić

Did you know that many Irishmen migrated to the USA in the 19th century due to the potato famine in the country of their origin?	No, I didn't know that many Irishmen migrated to the USA in the 19th century due to the potato famine in the country of their origin.
Has your country ever experienced a disaster which caused people to starve?	No, fortunately my country has never experienced a disaster which caused people to starve.
Which infamous Soviet leader was responsible for the Great Famine in the Ukraine in the 1930s?	Stalin was the infamous Soviet leader responsible for the Great Famine in the Ukraine in the 1930s.
Why do you think he decided to starve the Ukrainians to death?	I think he decided to starve the Ukrainians to death as a form of punishment because they had dared to oppose him.
Do people with the anorexia disorder starve themselves because they have a strong desire to achieve a perfect body shape?	Yes, people with the anorexia disorder starve themselves because they have a strong desire to achieve a perfect body shape.
Do they always feel obese and therefore reduce their nutrition?	Yes, they always feel obese and therefore reduce their nutrition.

diminish [dɪ'mɪnɪʃ] pomniejszać, ujmować
exaggerate [ɪg'zædʒəreɪt] przesadzać, wyolbrzymiać
exaggeration [ɪgzædʒə'reɪʃn] przesada
sympathy ['sɪmpəθi] współczucie

Provide some synonyms of diminish.	Some synonyms of diminish are lower, reduce, decrease and weaken.
Tell me some synonyms of exaggerate.	Some synonyms of exaggerate are highlight and emphasize.
Do parents usually diminish their children's achievements?	No, parents don't usually diminish their children's achievements. They exaggerate their achievements.
Why do you suppose parents tend to lie or tell white lies about their children's development?	I suppose parents tend to lie or tell white lies about their children's development because they can't help comparing their children with other children.
Do some environmental activists claim that natural resources are diminishing rapidly? Do you think such a claim is well-grounded?	Yes, some environmental activists claim that natural resources are diminishing rapidly. No, I don't think such a claim is well-grounded.
If you give up smoking, will you diminish the risk of lung cancer or a heart attack?	Yes, if you give up smoking, you'll reduce the risk of lung cancer or a heart attack.
Do people sometimes exaggerate their illnesses to gain other people's attention and sympathy? By the way, what is the adjective of sympathy?	Yes, people sometimes exaggerate their illnesses to gain other people's attention or sympathy. The adjective of sympathy is sympathetic.
Do TV commercials exaggerate the advantages of certain household products, for example, the power of washing powders?	Yes, TV commercials exaggerate the advantages of certain household products, for example, the power of washing powders.
Can we say without exaggeration that Microsoft's the largest software company in the world?	Yes, we can say without exaggeration that Microsoft's the largest software company in the world.
If a clothes store reduced their prices and advertised the benefits of their products, would it be an exaggeration or just a sales policy?	If a clothes store reduced their prices and advertised the benefits of their products, it'd be just a sales policy. They would probably want to get rid of the clothes which were out of season.
By the way, are you cautious about discounts and promotions in clothes stores during the sales period?	Yes, I'm cautious about discounts and promotions in clothes stores during the sales period.
If the media reported the damage caused by a disaster, would you expect them to provide accurate or exaggerated numbers?	If the media reported the damage caused by a disaster, I'd expect them to provide accurate numbers in an exaggerated form.
Do you agree that sometimes a story plot is arranged in such a way as to manipulate the viewer and obtain sympathy for the character who eventually turns out not to deserve it?	Yes, I agree that sometimes a story plot is arranged in such a way as to manipulate the viewer and obtain sympathy for the character who eventually turns out not to deserve it.
When a friend of ours passes away, what should we send the mourning family?	When a friend of ours passes away, we should send our deepest and most sincere expressions of sympathy to the mourning family.

prohibit [prəʊ'hɪbɪt] prohibition [prəʊ'bɪʃn] mode [məʊd] insist [ɪn'sɪst]	zakazać zakaz tryb (<i>w telefonie</i>) nalegać
Tell me some synonyms of prohibit.	Some synonyms of prohibit are ban, stop, forbid and prevent.
Are passengers prohibited from using their smartphones on a plane in Europe? Unless? Is it because the radio signals produced by phones can affect some of the plane's electronics?	Yes, passengers are prohibited from using their smartphones on a plane in Europe. Unless they switch on the airplane mode. Yes, it may be because the radio signals produced by phones can affect some of the plane's electronics.
What can happen if a passenger insists on using their smartphone during take-off or landing?	If a passenger insists on using their smartphone during take-off or landing, they can be asked to exit the aircraft or removed off the flight.
Do you know of any diligent research which would prove the prohibition of smartphones on aircraft in flight?	No, I don't know of any diligent research which would prove the prohibition of smartphones on aircraft in flight.
Can the prohibition of carrying certain things in your hand luggage on a plane prevent acts of terrorism? Are disposable razors and liquids prohibited?	Yes, I think that the prohibition of carrying certain things in your hand luggage on a plane can prevent acts of terrorism. Yes, disposable razors and liquids are prohibited.
In which European country is there no prohibition against selling soft drugs? Did the Prohibition era in the USA in the 1920s contribute to the reduction of alcoholism in society?	There is no prohibition against selling soft drugs in the Netherlands. Yes, the Prohibition era in the USA in the 1920s contributed to the reduction of alcoholism in society.
Did it also raise awareness about the social consequences of drinking?	Yes, it also raised awareness about the social consequences of drinking.
Do parents often see red when their children stubbornly insist on buying them another toy?	Yes, parents often see red when their children stubbornly insist on buying them another toy.

barbecue ['bɑːbɪkjʊː] grill BrE / broil AmE [grɪl/broɪl] decline [dɪ'klaɪn]	1. grillować 2. grill piec na ruszcie, opiekać 1. spadek 2. obniżyć się 3. odmawiać
Generally, are grilling and having a barbecue fashionable leisure activities in your country?	Yes, generally, grilling and having a barbecue are fashionable leisure activities in my country.
When does the barbecue season begin in your country? Did this tradition decline during the coronavirus pandemic?	The barbecue season begins in May in my country. Yes, this tradition declined during the coronavirus pandemic.
Does grilling or barbecuing melt fat from meats?	Yes, grilling or barbecuing melts fat from meats.
Are people banned from barbecuing on their balconies in your country? Do you agree that it's a matter of respect for your neighbours?	Yes, people are banned from barbecuing on their balconies in my country. Yes, I agree that it's a matter of respect for your neighbours.
Instead, where can people have a barbecue? What would I mean if I said that I had broiled in the sun for hours the other day?	Instead, people can have a barbecue in special areas in parks or near playgrounds. If you said that you had broiled in the sun for hours the other day you would mean that you had been sunbathing.
Can the housing market be boosted in the short term even in the case of a population decline? How?	Yes, I think the housing market can be boosted in the short term even in the case of a population decline. For example, due to inflation.
roast [rəʊst] steam [sti:m] spit [spt] mustard ['mʌstəd]	(u)piec ugotować na parze rożen musztarda
Tell me ways in which various foods such as sausages, pork or chicken can be prepared.	Chicken can be cooked on a spit, boiled, steamed or roasted. Sausages can be broiled, barbecued, fried in a pan or roasted over a fire. Pork is either broiled or roasted.
Is it true that steam cooking can better maintain nutritional values of foods than roasting?	Yes, it's true that steam cooking can better maintain nutritional values of foods than roasting.
Have you ever roasted sausages over an open fire? Did you add peppers or onions? Do you consider it gourmet food?	Yes, I've roasted sausages over an open fire. Yes, I added some peppers and onions. No, I don't consider it gourmet food.
Which sauce adds the best flavour to sausages roasted over a fire: mustard, mayonnaise or ketchup? By the way, how do you apply mustard on your dish? Do you spread it over sausages, or do you dip sausages in it?	I think mustard and ketchup add the best flavour to sausages roasted over a fire. I usually dip sausages in mustard.



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bowl [bəʊl] sugar bowl ['ʃʊgə bəʊl] saucer ['sɔ:sə] tray [treɪ]	miska cukierniczka spodek, podstawka taca
What do we call a small, round plate on which we can put a cup?	We call a small, round plate on which we can put a cup a saucer.
Do you like a bowl of cereal, porridge or oats for breakfast?	Yes, I like a bowl of cereal, porridge or oats for breakfast.
By the way, do you prefer soup to be served on a plate or in a bowl?	I prefer soup to be served in a bowl.
When is it necessary to use a tray?	For example, it's necessary to use a tray when you need to serve tea to several guests.
Have you ever been served breakfast on a tray in bed?	Yes, I've been served breakfast on a tray in bed.
In your country, are husbands expected to serve their wives breakfast on a tray in bed when it's their wedding anniversary?	Yes, in my country, husbands are expected to serve their wives breakfast on a tray in bed when it's their wedding anniversary.
Would you believe me if I maintained I had seen a flying saucer?	Yes, I'd believe you if you maintained you had seen a flying saucer.
If you saw an unidentified flying saucer, would you think it was an alien ship that occurred accidentally in the sky or rather a piece of modern technology you didn't know?	If I saw an unidentified flying saucer, I wouldn't think it was an alien ship that occurred accidentally in the sky. I'd think it was a piece of technology I didn't know.

rot [rɒt] rotten ['rɒtn] decay [di'keɪ] stink/stank/stunk [stɪŋk/stæŋk/stʌŋk] barrel ['bærɪl]	(z)gnić, zepsuć się zgniły, zepsuty 1. popsuć się 2. chylić się ku upadkowi 1. śmierdzieć, cuchnąć 2. smród 1. beczka 2. baryłka (<i>jednostka miary</i>)
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We sometimes call people **rotten apples**. Such people provide a bad model for others and can spoil them. An English proverb says: *one rotten apple spoils the whole barrel*. A **barrel** is a wooden container typically used for wine. Metal barrels are used for keeping and selling oil.

Approximately how long will it take a piece of fresh beef to rot if you forget to put it in the fridge?	It will take a piece of fresh beef approximately two days to rot if I forget to put it in the fridge.
Do rotten potatoes give off a pleasant scent, or quite the contrary do they stink? How long does the stink of rotten eggs last?	Rotten potatoes don't give off a pleasant scent. They definitely stink. The stink of rotten eggs lasts for a long time.
Why do teeth decay?	Teeth decay if not brushed properly.
Who does the English proverb 'one rotten apple can spoil the whole barrel' refer to?	The English proverb 'one rotten apple can spoil the whole barrel' refers to people who provide a bad model and spoil others.
When you trade oil on the stock exchange, do you actually purchase barrels of oil?	No, when you trade oil on the stock exchange, you don't actually purchase barrels of oil.
Are there any buildings in this town that have started to decay?	Yes, there are some buildings in this town that have started to decay.
Should corrupted politicians and other crooks rot in prison, or should they be forgiven?	I think some corrupted politicians and other crooks should rot in prison to set an example.
Why do some businesses stink?	Some businesses stink because they are run by unreliable, corrupt and dishonest people who deceive others.

Sometimes the past of *stink* is *stank* and sometimes *stunk*.

teapot ['ti:pɒt] brew [bru:] pour [pɔ:]	czajniczek zaparzyć 1. nalewać 2. (<i>o deszczu</i>) lać
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That's the pot calling the kettle black refers to people who criticise others for faults they also have.

Tell me some synonyms of 'pour'.	Some synonyms of 'pour' are 'fill with', 'flow' or 'flood'.
How do we make tea?	First we boil water in a kettle. Then we put a tea bag or tea leaves into a teapot and pour in boiling water. We let it brew for a few minutes, and then it's ready.
How long does it take tea to brew?	It takes tea about 3 minutes to brew.
What would you put on a tray to serve tea to your guests?	I'd put cups with saucers, a sugar bowl and a tea pot on a tray to serve tea to my guests.
When do we say 'that's the pot calling the kettle black'?	We say 'that's the pot calling the kettle black' as a reply when someone has criticised us for a fault he has himself.
Why mustn't you leave a teapot with boiling water unattended when there are kids around?	You mustn't leave a teapot with boiling water unattended when there are kids around so that they don't injure themselves by burning their skin.
Are sewage overflows likely to occur when it pours heavily? What will you have to do when such an overflow occurs on your property?	Yes, sewage overflows are likely to occur when it pours heavily. If such an overflow occurs on my property, I will have to hire or call firefighters to pump out the sewer and dry the land.

replace [ri'pleɪs] replacement [ri'pleɪsmənt]	zastąpić, wymienić 1. wymiana 2. pracownik zastępujący
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What has the videotape been replaced with?	The videotape has been replaced with the DVD and Blu-ray.
And what have the DVD and Blu-ray been replaced with in turn?	The DVD and Blu-ray have been replaced with streaming.
When do you think human beings will be completely replaced at factory work by artificial intelligence?	I think human beings will be completely replaced at factory work by artificial intelligence within 20 years.
What usually happens if a person can't manage their work?	If a person can't manage their work, they're usually replaced by somebody else.
What things in the house often need replacement?	Light bulbs or batteries often need replacement in the house.
How long can tyres be used for before they become worn-out and need replacement?	I think tyres can be used for 5 seasons before they become worn-out and need replacement.
When an employee retires or takes leave due to their child's birth, will a company need to seek replacement?	Yes, when an employee retires or takes leave due to their child's birth, a company will need to seek replacement.

Read more about how they brew tea in Japan: <https://matcha-jp.com/en/905>

A **replacement** in a workplace is a synonym of a substitute. However, a replacement is usually permanent, and a substitute is temporary.

pronunciation – practise the following group of words

Silent letters - underline letters which are not pronounced				
wrap	psychiatrist	iron	climb	bomb
empty	Wednesday	who	often	muscle

stove [stəʊv]	1. piec 2. kuchenka
We use an oven for baking or roasting. We use a stove to heat a room or for cooking.	
What's the difference between an oven and a stove?	The difference between an oven and a stove is that an oven is used for baking and roasting, while a stove is used to heat a room or for cooking.
Do some people still heat their houses with a stove in your country? Is it environment friendly?	Yes, some people still heat their houses with a stove. Whether it's environment friendly depends on what they burn in the stove to produce heat. Some modern wood burning stoves are quite environment friendly.
Which do you consider as a safer kitchen appliance: a gas or an electric stove?	I consider an electric kitchen stove as a safer appliance.
resist [ri'zɪst] temptation [temp'teɪʃn] tempt [tempt]	oprzeć się pokusa 1. kusić 2. nakłaniać
When someone likes desserts and foods with a sweet taste we say they have a sweet tooth .	
Would you be tempting thieves if you left something valuable on the back seat of your car?	Yes, I'd be tempting thieves if I left something valuable on the back seat of my car.
Why is it difficult for a smoker making an effort to give up smoking to resist the temptation to smoke that last cigarette?	It's difficult for a smoker making an effort to give up smoking to resist the temptation to smoke that last cigarette because a voice in their heads tells them they deserve it and it's completely harmless.
Is it impossible for you to overcome the temptation to eat certain desserts? For example?	Yes, it's impossible for me to overcome the temptation to eat certain desserts. Éclair pastries, tiramisu, chocolate cake, hot apple pie with a ball of vanilla ice-cream, rum cake, baklava, crème brûlée, the Polish pączek, Japanese mochi, brownies, cannoli, coconut cake, French lemon cake, Linzer cake, Medovik (honey cake) and thousands of other desserts are impossible for me to overcome the temptation to eat them.
Do you have a sweet tooth?	Yes, I definitely have a sweet tooth.
What do press advertisements and TV commercials try to tempt us into?	Press advertisements and TV commercials try to tempt us into buying things.
How can we tempt fate?	We can tempt fate by riding a motorcycle at a crazy speed.
Do most students resist the temptation to cheat in exams when they sit too close to one another?	No, most students don't resist the temptation to cheat on exams when they sit too close to one another.
What thing would be impossible for you to resist?	It would be impossible for me to resist the temptation to buy a new bike if they only lowered the price.



Communication 4



Exercise 1

Read the text.

Korean cuisine

'Have you eaten?' – is the polite way to greet another person in South Korea. Striking, especially when you visit the country and see how wealthy and prosperous the community is. Technologically advanced farming, an abundance of food at every corner, traditional *sijang* markets, Michelin quality street food vendors. At first glance, people appear sated and happy.

One might consider it an invitation to dine at a restaurant. They couldn't be more wrong. Though it sounds a bit awkward to a European, African or American ear, 'Have you eaten?' still remains a mere greeting. What are its origins, then?

The first half of the 20th century was a time of devastating disasters and hostility for Koreans. From the Japanese occupation, through the tragedies of WWII, Korea immediately dived into the Cold War and the dire conflict between the North and South, which resulted in the split of the nation. Food supply was severely limited, and many families were only able to eat once a day. Not only did they eat fewer meals, but also the nutrition worsened. Meat and fresh vegetables became rather scarce. These events impacted the cuisine and led Koreans to develop a great concern over their fellow citizens' access to food, reflected in the greeting.

South Korea underwent an outstanding transformation from a ruined country to one of the world's leading economies. The development of intelligent agriculture contributed to the reduction of hunger and changed the cooking style. Once based on grains, with a considerable consumption of rice, the cuisine shifted to include a variety of meats, predominantly beef and pork, tonnes of vegetables and seafood. Koreans also realised that their cuisine, if properly advertised, can be a substantial source of national income. Hence, so many Korean dishes have become so popular in every corner of the globe.

Perhaps the best recognised dish of Korean origin is *kimchi*. Basically, it's fermented cabbage and cucumber with various flavour ingredients, including spices, garlic and pepper, often ginger and mustard. The dish has gained sensational and widespread popularity. Essentially, it accompanies every meal in Korea. Its value depends on the vitamins it contains, as well as on a low calorie and cholesterol content. Each Korean family has special kimchi freezers to keep the snack in stock. This is fundamental if your family consumes on average 50 kg of kimchi annually.

New words / phrases

- abundance** [ə'bʌndəns] – obfitość
- vendor** ['vendɔ:] – sprzedawca
- dine** [daɪn] – jeść obiad/kolację
- sated** ['seɪtɪd] – syty
- mere** [mɪə] – *tutaj*: po prostu
- impact** ['ɪmpækt] – wpływ, wpływać
- scarce** [skeəs] – *o zasobach*: skąpe
- hostility** [hɒs'tɪlətɪ] – wrogość
- dire** ['daɪə] – skrajny
- substantial** [səb'stænʃl] – znaczący
- sensational** [sen'seɪʃnl] – rewelacyjny
- obey** [əʊ'beɪ] – słuchać, przestrzegać

