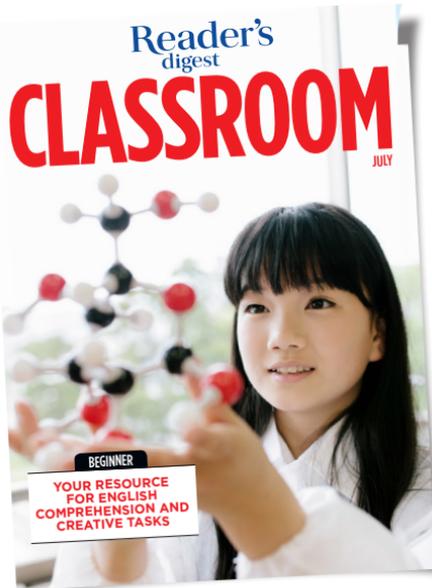


# Answers



## RD Classroom July 2016 Intermediate

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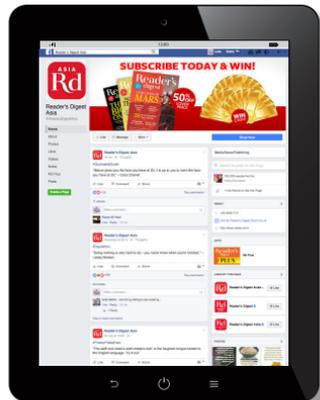
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## ANSWERS FOR 'FEEDING THE OLYMPICS' (PAGE 65)

### 1. How did athletes Michael Phelps and Nastia Liukin's diet differ? Do all athletes have such varied diets? Why do you think this is?

US swimmer Michael Phelps said that he consumed between 33,000 kJ and 42,000 kJ a day during the 2008 Beijing Olympics. This is a significantly higher intake compared to US gymnast Nastia Liukin, who had a daily intake of just 5,000 kJ. Comparing the typical breakfasts of these two athletes, it is clear that Michael Phelps eats far more in a single meal than Nastia Liukin does in an entire day!

Answers may list the specific foods mentioned in the article. Michael Phelps described a typical breakfast as three sandwiches filled with fried eggs, cheese, fried onions, tomatoes and lettuce; a bowl of grits (thick maize porridge); three slices of French toast with powdered sugar and three chocolate-chip pancakes. In comparison, Nastia revealed that she might have a breakfast of eggs, or yoghurt or oatmeal, but definitely not all three. She would eat a salad with chicken or fish or some sort of protein for lunch and then a light dinner with probably just a piece of fish and vegetables.

It is apparent that all athletes have very varied diets and the article lists a variety of reasons as to why this is the case. These include the different demands of different sports on athletes, such as the higher energy demand for a triathlete (25,000 kJ), who needs upper body strength as well as endurance, compared to the 13,000-15,000 kJ a day intake of a marathon runner, who needs maximum endurance with minimum weight. Gender also affects diet, as women would typically consume roughly 75-80% as much as men in the same sport.

### 2. What other factors must be considered by the Olympic organisers when planning meals for the athletes?

Organisers have many factors to consider. The welfare of the athletes is important, and so food purity is the number one priority. Therefore the catering team needs to ensure that everything consumed will be healthy, safe and uncontaminated by natural food poisons or illicit chemicals.

Other factors include the very different types of food normally eaten by competitors according to their country; personal principles; medical conditions; religious dietary laws that affect the food individual athletes are allowed, or allow themselves, to eat.

**3. An athlete's diet is extremely important, particularly during such a major event like the Olympics. What will be on offer to help athletes? Who is most likely to take advantage of this?**

Following the example of the last Olympics, nutritionists will be on hand to give advice and help to athletes. Athletes who are coming to major games for the first time are more likely to use the nutritionists' help than the more experienced athletes who know exactly what they need. Professor David Russell states that these athletes are likely to spend hours talking with the nutritionists.

**4. How are the British team nutritionists planning on optimising their athletes' diets?**

To optimise the diets and performance of British competitors they will firstly be based at a preparation camp in Belo Horizonte, 350 km from Rio. They will arrive at this camp in mid-July, flying into Rio three or four days before their events take place. This helps to control and monitor the environment, training and diet of the team. Nutritionists believe this is the best way to help athletes prepare for such an important event and be in the finest physical and mental condition.

**ACTIVITY** The 2016 Olympic Games is a chance for Rio to show off its favourite national dishes to international visitors. Think about your local cuisine and foods that are popular in your country or hometown. What would you offer to athletes? Design a menu to attract athletes to your stall for breakfast, lunch and dinner. Have you designed a healthy menu, a treat or a combination of both?

For full points, students need to demonstrate that they have thought about their own national or local foods and cuisine and

how they could be showcased at the Olympics. Students should show that they understand how to create a full and nourishing menu of unique dishes that would ideally combine delicious treats and benefit the athletes' nutritionally.

### **ANSWERS FOR 'INSTANT ANSWERS: IRAN' (PAGE 80)**

#### **1. What is the population of Iran and who is the current president? What is the main religion of Iran? What religion did it replace?**

The population of Iran is 79 million. Hassan Rouhani is the current president of Iran. Islam is the main religion of Iran, which displaced Zoroastrianism as the main religion.

#### **2. Why does Iran stand apart from other Middle Eastern countries?**

Iran was the heart of the ancient Persian Empire in ancient times. This means it has a Persian heritage that other Middle Eastern countries do not.

#### **3. Who conquered Iran after Alexander the Great, and what major changes did they bring to the country? What stayed the same?**

Muslim Arabs conquered Iran in the 600s. They brought the religion of Islam with them, which displaced the existing religion of Zoroastrianism. However, because of the country's strong Persian heritage, the people of Iran did not adopt the Arabic language, keeping instead their traditional Persian, or Farsi, language. They also favoured the minority Shi'a branch of Islam.

#### **4. Who called for the killing of author Salman Rushdie and why?**

In 1989, Ayatollah Khomeini called on Muslims around the world to kill author Salman Rushdie for supposed blasphemy. This blasphemy involved the publication of Rushdie's novel *The Satanic Verses*, which sparked much anger in the Muslim community for a number of reasons, including the title of the book and the implication that the Quran was the work of the devil.

**5. A deal with Iran was recently struck. What was it and which other countries did it involve? Why does this make countries such as Saudi Arabia and Israel nervous? How could the deal be beneficial?**

A deal was reached last year between Iran and China, Russia, France, the US, the UK and Germany. Iran agreed to make changes so its nuclear facilities would be used for generating energy, not making weapons, in return for the lifting of sanctions. However, Saudi Arabia and Israel mistrust the deal and fear the threat of nuclear attacks on those countries, including their own, who have an unstable relationship with Iran. If the deal does work it will have increased global security, and given the Iranian people a chance to make economic progress.

**ACTIVITY Having already backed Reza Shah Pahlavi as the new leader of Iran in 1925, Britain and the Soviet Union forcibly replaced him with his son in 1941. What were the reasons for this change? Using the Internet, books and other resources, research Reza Shah Pahlavi and the reasons behind his removal from power.**

This question encourages students to do their own research to gain a fuller understanding of the topic. Answers may include:

In August 1941, Great Britain and the Soviet Union invaded and occupied Iran. This was in response to Reza Shah Pahlavi's declaration of neutrality in World War II, his refusal to allow Iranian territory to be used for the war efforts against Germany, and his refusal to expel German nationals from Iran. He also denied the Allies the use of the Iranian railway. Reza Shah Pahlavi was forced to abdicate in favour of his son Mohammad Reza Shah Pahlavi.

Mohammad Reza Shah Pahlavi was also ousted from his position as shah of Iran when he nationalised the oil industry. This led the US and UK to back a coup to depose Mohammad Reza Shah Pahlavi and bring back foreign oil firms. He had already lost a lot of support within Iran due to his strong policies of modernisation and secularisation, and allegations of corruption against him, along with numerous other controversies. Mohammad Reza Shah

Pahlavi faced execution if he should return to Iran, and died in exile in Egypt, where he had been granted asylum.

## **ANSWERS FOR 'THE COLDEST PLACE ON EARTH' (PAGE 94)**

### **1. Which road leads to Oymyakon? What other name has it been given and why?**

Oymyakon has just one major road leading in, which is the Kolyma Highway. Gulag inmates under Stalin's regime built it, and the skeletons of the prisoners who died during its construction were buried in its foundations. Because of this it is also known as the 'Road of Bones'.

### **2. What is unusual about the length of the days in Oymyakon? Why does this happen? Can it be a problem?**

Due to Oymyakon's latitude of 63.28°N (distance from the equator) it can have abnormal daylight hours compared with places closer to the equator. Daylight hours can range from 3 hours in December to 21 hours in June. This can be a problem for various reasons, particularly when there is pitch-black darkness for 21 hours a day during winter. This can have negative effects on physical and mental health, and the ability to keep a normal daily routine, such as sleeping.

### **3. On his journey to Oymyakon, Amos Chapple stopped at a café. What was the name of the café? Why did he think the name of it was ironic?**

Chapple stopped at a café called Café Cuba. He found this to be an ironic name for the café as it is situated in the coldest place on Earth, yet its name references the hot, tropical, colourful and lively island of Cuba.

### **4. Oymyakon is an unusual place to live and can be very harsh, so why did people settle there in the first place?**

People settled in Oymyakon due to the village's thermal spring. Reindeer herders would visit the spring in order to hydrate their

animals, returning again and again until the village became a permanent settlement.

**5. What surprised Chapple when he visited the village? What was he expecting to be different before he arrived?**

Before arriving in Oymyakon, Chapple was expecting to find the people who lived there to be accustomed to the cold and going about everyday life in the streets. However, he was surprised to find the streets empty due to people being wary of the cold. He describes the village as feeling “extremely desolate” as people were participating in activities indoors and behind closed doors. He also seems to have been surprised by the unwelcoming nature of the residents as he states that he was not ‘welcome indoors’.

**ACTIVITY The village of Oymyakon is the world’s coldest permanently settled area. Because of this, the people who live there can face difficulties during their everyday life. Using the article, write a list of some of the drawbacks to living in Oymyakon, along with the suggested solutions to overcome these problems. Can you think of positive reasons to live in the village? Would you like to visit or live in a place like Oymyakon?**

Oymyakon certainly sounds like a very interesting and different place to live. However it also comes with some drawbacks, which are listed in the article. These may include:

- It is dark for up to 21 hours a day during the winter.
- Bathrooms are mostly outdoors, because indoor plumbing presents a challenge due to frozen pipes.
- Due to the very low temperatures, the streets are very quiet as everything happens indoors.
- Residents have cars, but must leave them running outside, sometimes overnight, so the mechanics don't freeze up.
- The nearest proper market is 1000 km away in Yakutsk.
- Alcoholism is rampant in Oymyakon.

Some of the positives of living in Oymyakon could include:

- It is far from any crowded cities, so there is a lot of open space, clean air, wilderness and freedom, and less of the stress that comes with big-city life.
- As a very small town, everyone in the community knows each other.

For full marks, students should provide a personal response as to whether it would be a place they would like to visit or live in.