



Leonardo da Vinci, The Life and Works of a Genius

Suscríbete a

SALUD

& BIENESTAR

tu revista de
salud, nutrición
y bienestar.



Lee cada mes artículos
seleccionados para
estar al día en los temas
que más te interesan.



Suscríbete por

59,50€

/año

(iva incluido, 10 números)



Llama al

902 114 558



EDITORIAL

Are you ready¹ to go with the flow² this month? The new issue of *English Today* is all about keeping things in perspective and taking life as it comes. It is always good to focus on how we perceive the world. Are we constantly trying to control everything or are we happy to accept that certain things are beyond³ our control. As usual, *Psychology* has the key.

Mexico is a country of vivid colours, vibrant sounds and piquant flavours and where better to start learning about the country than in its capital city. Join us for a visit in *Travel*.

Barak Obama was a fan and he, like us, has been patiently waiting for new music from Vampire Weekend. In *Music & Lyrics* we follow their musical trajectory from past to present.

Our cover star and *At Large* subject is not to be found starring in⁴ Hollywood movies or in a hit⁵ Netflix series. Nevertheless, he was maybe the first ever Renaissance man – artist, architect, inventor among many other things... his talents were many, which is why his life and works deserve⁶ to be celebrated, especially in 2019, the 500th anniversary of his death. Leonardo Da Vinci, we salute you!

Our language sections focus on finding a job, the use of “so” and expressions with “heat” along with chatting⁷ about the weather. A sure way to start a conversation with the locals⁸ if you are travelling to the UK.

There is plenty more to keep you entertained and informed this month. Don't forget to check in with⁹ our weekly posts at www.facebook.com/EnglishToday where we preview new contents and surf the web for interesting titbits¹⁰. See you next month!

Tony Keirle, Pedagogical Coordinator

Glossary

1 ready preparado

2 to go with the flow seguir la corriente

3 beyond fuera de/más allá de

4 to star in protagonizar

5 hit éxito

6 to deserve merecer

7 to chat charlar

8 locals los vecinos

9 to check in with visitar

10 titbits detalles

CONTENTS

● **News** 04
Celebrity, health and environment

● **Trends** 06
Fashion, decoration, diet and cars

●●● **At Large** 08
Leonardo da Vinci, The Life and Works of a Genius

●●● **Travel** 14
Get a Taste of Mexico City

● **Food & Drink** 18
Super Healthy Breakfasts

● **Technology** 20
Apps and Gadgets

●● **Psychology** 22
Going with the Flow

● **Cinema** 24
New Releases and Reviews

●● **TV** 28
The Fruitties are Back!

● **Music & Lyrics** 30
Vampire Weekend

● **Fun Zone** 32
Concerts, books, videogames

●●● **Business English** 34
Job Hunting

●● **Using English** 38
Things Are Heating Up

●● **English on the Street** 40
What's The Weather Like Today?

● **Last Stop** 42
Cheung Chau Bun Festival

STAFF

Responsable de Negocio **Lluïsa Serrallach Orejas**

Coordinador del Consejo Editorial **Tony Keirle**

Publicidad **Cristina Baturone**

Tel. 626 05 17 82

E-mail cbaturone@planetadeagostini.es

Departamento de suscripciones 902 114 558 Edita

Factoria Prisma

Coordinación editorial **Cristina Puig Soler**

Realización editorial **Marta Caro**

EAN (pdf) 8432715113959

FACTORIA
PRISMA PUBLICACIONES

Grupo Planeta

Diagonal 662-664 08034 Barcelona
www.factoriaprisma.com



www.facebook.com/EnglishToday

level_1 ● level_2 ●● level_3 ●●●

Celebrity

Maya Hawke

Born in 1998, she is the daughter of Uma Thurman (*Pulp Fiction*) and Ethan Hawke (*Before Dawn*). The first book she read on her own¹ was *Little Women*². That's why she left the prestigious Juilliard acting school in New York to play Jo March in a BBC miniseries which premiered in December last year. Katherine Hepburn and Winona Ryder

are among³ the actresses who have also played Jo March in the past. But that isn't all. 2019 is Maya Hawke's year. She will appear in the third season of *Stranger Things* and in *Once Upon a Time in Hollywood*, the upcoming⁴ Quentin Tarantino film. He is the American filmmaker who directed her mother in the role⁵ of Mia Wallace in *Pulp Fiction*.



Health and Science

When Do We Really Become Adults?

A group of neuroscientists from Cambridge University led by Professor Peter Jones have come up with⁶ a new way of determining when adulthood⁷ begins. Legally and socially, turning⁸ 18 means leaving childhood behind. However⁹, Jones and his team say the brain continues to undergo¹⁰ changes into the thirties. These changes can affect our

behaviour¹¹ and increase¹² the probability of developing mental disorders. "What we're really saying is that to have a definition of when you move from childhood to adulthood looks absurd," Peter Jones told reporters at the Academy of Medical Sciences in Oxford, UK. "It's a much more nuanced¹³ transition that takes place over three decades¹⁴".



Air Pollution¹⁵ Probably Linked to Psychotic Experiences

A new study published by JAMA reveals psychotic experiences are more common among teenagers exposed to higher levels¹⁶ of nitrogen dioxide and other forms of air pollution. "Children and young people are most vulnerable to the health impacts of air pollution owing to¹⁷ the juvenility of the brain and respiratory system," said study author Frank Kelly. "We found that adolescent psychotic experiences were more common in urban areas. While¹⁸ the study could not show pollutants caused adolescents to have psychotic experiences, our findings¹⁹ suggest that air pollution could be a contributing factor in the link between city living and psychotic experiences," said co-author Joanne Newbury.



Why Does Time Speed Up As We Get Older?

Adrian Bejan, a professor at Duke University in the United States, asked himself the same question. In a recently published study, Bejan, a mechanical engineer, used his knowledge of physics to analyse this complex problem. Age causes changes in our neurons and nerves, which become more complex and require more time to analyse signals coming from our senses. Adults process far fewer²⁰ images than children. In fact, this can be verified by observing how children move their eyes much faster²¹. They are able²² to acquire and filter more information about the environment²³. Children process more images than adults, which is why they perceive time much more slowly.

Nature & Environment

Meet Greta Thunberg

Greta Thunberg is a Swedish teenager who has become the most famous activist against²⁴ climate change in the world. It all started last year in Stockholm. The summer of 2018 was the hottest on record²⁵ in the Scandinavian country and there were many wildfires²⁶. Greta stopped going to school on Fridays to sit in front of the Swedish parliament with a banner²⁷ reading *kolstrejk för klimatet* (school strike for climate). In the Global Climate Change Strike celebrated in March, millions of people took to the streets²⁸ to join²⁹ her protest. "Our civilization is being sacrificed so that a few have the opportunity to continue making large amounts³⁰ of money", she said at the Climate Summit 2018 in Poland to representatives from 200 countries.



500-Million-Year-Old Fossils

Scientists at the Northwest University of Xi'an have discovered a set³¹ of fossils of 101 species that are over³² 518 million years old. The researchers collected³³ 4,351 fossil specimens, of which 751 are seaweed³⁴ and 3,600 are animals. This amazing bounty³⁵ was found by the Danshui River, in the province of Hubei. According to³⁶ palaeontologists, they belong to the Cambrian period and most of them are in perfect condition, including soft-bodied³⁷ organisms, which reveal new morphological details. This set is approximately ten million years older than³⁸ the Burgess Shale and closer to the Cambrian explosion, the period in which almost³⁹ all species of animals we know today appeared.

Glossary

1 on her own sola	15 pollution contaminación	29 to join unirse
2 little woman Mujercitas	16 higher levels niveles más altos	30 large amounts grandes sumas
3 among entre	17 owing to debido a	31 set conjunto
4 upcoming próxima	18 while aunque	32 over más de
5 role papel	19 finding hallazgo	33 to collect recoger
6 to come up with proponer	20 far fewer muchísimas menos	34 seaweed algas
7 adulthood edad adulta	21 much faster mucho más rápido	35 bounty tesoro
8 to turn + age cumplir	22 to be able to poder	36 according to según
9 however sin embargo	23 environment entorno	37 soft bodied de cuerpo blando
10 to undergo experimentar	24 against contra	38 older than más antiguo que
11 behaviour comportamiento	25 on record registrado	39 almost casi
12 to increase aumentar	26 wildfire incendios forestales	
13 nuanced matizado	27 banner cartel	
14 over three decades a lo largo de tres décadas	28 to take to the streets salir a las calles	