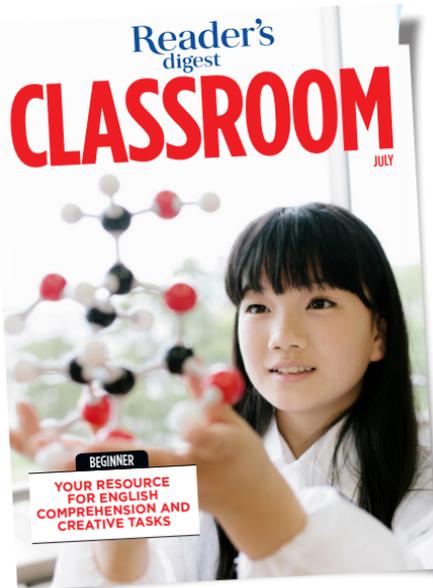


# Answers



## RD Classroom July 2016 Beginner

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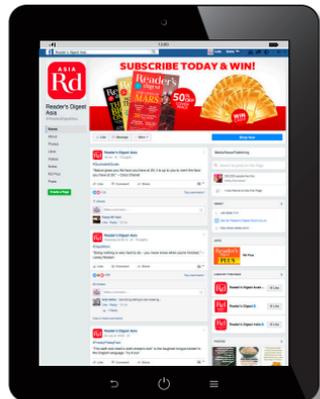
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## **ANSWERS FOR 'FEEDING THE OLYMPICS' (PAGE 65)**

### **1. Which country will host the 2016 Olympics? On what dates will the games take place?**

Brazil will be hosting the 2016 Olympics in Rio de Janeiro. The Olympics will run from August 5 to 21.

### **2. Different athletes require different amounts of kilojoules (kJ) per day. What other dietary factors do organisers need to consider when planning meals for the athletes?**

Organisers have many factors to consider. The welfare of the athletes is very 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 dietary principles; medical conditions; religious dietary laws that affect the food individual athletes are allowed, or allow themselves, to eat.

### **3. Which 'athlete' can consume 80,000 kJ a day during competition? Why are regular snacks needed for this particular competitor? How do some trainers keep them hydrated?**

The article states that a show-jumping horse can consume 80,000 kJ a day during competition. Regular snacks of hay are needed for the horses as the physical and mental stress can cause the animal to lose weight and strength. It is also important for the horses to drink enough water to remain hydrated, but ensuring they do so can be tricky. Megan Pugh shares her tricks, such as putting carrots into a bucket of water. As the horse is greedy for the carrots, it drinks the water at the same time.

### **4. Why will British athletes only arrive at the Olympic village a few days before their event? Why do nutritionists believe this to be beneficial**

British competitors will be based at a preparation camp in Belo Horizonte, 350 km from Rio. They will arrive in mid-July, flying

into Rio three or four days before their events take place. This helps organisers to control and monitor their environment, training and diet. Nutritionists believe this is the best way to help athletes prepare for the games 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.

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

#### **1. What is the population of Iran? Who is the current president?**

The population of Iran is 79 million. Hassan Rouhani is the current president of Iran.

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

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

#### **3. What is the main religion of Iran? What religion did it replace? What remained the same during this change?**

Since the 600s Islam has been the main religion of Iran. Islam displaced Zoroastrianism, which was a monotheistic religion founded by prophet Zoroaster, as the main religion. However, not

everything changed. The people of Iran did not adopt the Arabic language of the conquering Muslim Arabs, instead sticking with their traditional Persian, or Farsi. They also favoured the minority Shi'a branch of Islam, not the Sunni branch.

#### **4. For what reason(s) were Britain and Russia interested in Iran from the 1800s?**

Due to the country's strategic position (close to the centre of the Middle East) and plentiful natural resources, such as oil, both Russia and Britain were interested in Iran from the 1800s.

**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. Where is Oymyakon? Use a map to help you locate it. How many people live there? What was the coldest known temperature of the village?**

Oymyakon is located a few hundred kilometres from the Arctic Circle in the Russian tundra. The village is located in Russia's Sakha Republic. Oymyakon has approximately 500 permanent inhabitants. A temperature of  $-71.2^{\circ}\text{C}$  was recorded in 1924.

**2. Oymyakon is an unusual place to live. Why did people settle there in the first place?**

People settled in Oymyakon due to the village's natural thermal spring, which was a year-round source of fresh water, even when other water sources were frozen solid for much of the year. Reindeer herders would visit the spring in order to water their herds, returning again and again until the village became a permanent settlement.

**3. Where was the picture of the market on page 98 taken? What is the stall selling? What other food did Amos Chapple sample during his journey through the region?**

The picture of the market was taken in Yakutsk, the capital of the Sakha Republic, Russia. This is the nearest proper market to Oymyakon and is 1000 km away. This particular stall sells Arctic hare and frozen fish. While Amos Chapple was travelling through the region he ate reindeer, macaroni pasta, frozen chunks of horse blood and thinly shaved frozen fish, which he compared to frozen sashimi.

**4. What is a very useful tool for people living in Oymyakon? Why?**

A flamethrower is noted as being a very useful tool for people living in Oymyakon. This is because it can be used to thaw the ice that forms due to the severe cold. Amos Chapple saw a man using a flamethrower during his trip. The man he was staying with woke in the morning to find the drive shaft of his car was

completely frozen, despite leaving his car running all night. To solve the problem he pulled out a little flamethrower, went under the truck and started fanning the bottom of his truck with it to thaw the ice.

**ACTIVITY The village of Omyakon 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 Omyakon, 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 Omyakon?**

Omyakon 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.