

SÈRIE 5

CONVENIENCE FOOD

1. Because it was cheaper to buy ready-cooked food
2. most adults work nowadays.
3. restaurants, takeaways and supermarkets.
4. The growth of convenience food consumption appears to be unstoppable
5. Families no longer have most meals together.
6. no longer have breakfast at home.
7. they need to learn how to cook.
8. people can eat unhealthy food without having to cook it.

PROVA AUDITIVA

Are all twins alike?

Script

Introduction

Hi!

In this radio programme you are going to hear some new words. Read and listen to them. Make sure you know what they mean.

| | |
|------------|------------------------|
| cuddles | abraçades / abrazos |
| jealousy | gelosia / celos |
| share | compartir / compartir |
| allocation | assignació, asignación |

Ready?

Now read the questions on the next page. Read them carefully before listening to this interview.

Are all twins alike?

An interview with Dr. Smith

Presenter: You are listening to Radio Europe International. And after this song by Phil Collins, we turn to our next guest, Dr. Kerry Smith from New Hampshire University. She has recently published "Twin Psychology. A Guide to Working with Multiples", a book that summarises the research she's been carrying out for the last twenty years on twin and triplet psychology. In her book she examines the relationship between twins and triplets both before and after birth and as they mature. Good morning, Dr. Smith.

Dr. Smith: Good morning.

Presenter: Dr. Smith, why did you decide to write this book?

Dr. Smith: Well, erm ... I'm... I am aware that much has changed about our perceptions of twins. We have learnt a lot, but ... there is still a gap in the knowledge and skills among professionals and families. I hope my book will help fill this gap.

Presenter: When does the relationship between twins start?

Dr. Smith: Erm ..., the relationship between twins may be established before they're born. Their personalities develop alongside their awareness of the mother who is ... who is carrying them. This is the beginning of a triangular relationship which continues after birth.

Presenter: So you mean that the mother's cuddles have to be shared until ...

Dr. Smith: Yeah, exactly. My research shows that there has to be an acceptance of sharing. Well, you know, ... sometimes the mother is with one of the twins, so the other twin has to learn to accept this "triangular affair", if I can say so.

Presenter: There's a myth about twins not being jealous of one another. Do you agree with this idea?

Dr. Smith: No. On the contrary, jealousy is an emotion that twins probably experience earlier than other children, and for this reason it may be particularly strong. You know... the twin may become a dangerous rival as well as a loved companion.

Presenter: Are you saying that twins may be so jealous that he or she can be dangerous to the other twin?

Dr. Smith: Exactly. But twins usually find ... try to find ways of avoiding situations that can create jealousy. For example, have you ever thought about why some twins want to be as alike as possible to the other twin? Why they want to have exactly the same as each other? Well, ... that's only a way of protecting themselves from jealousy. In fact, ...

Presenter: Protecting themselves from jealousy?

Dr. Smith: That's right. But it's not only this. They avoid jealousy in other ways. Each twin may attach themselves to a different parent so one is closer to the father and the other to the mother. They can even play out that parent's role when they are playing!

Presenter: I have also read in your book that the relationship between twins is different according to their sex.

Dr. Smith: Yes. Well, ... it's difficult to summarise all the findings but in general, I can say that twin girls often become each other's best friend but are more likely to compete with each other. Twin boys are more likely to be ... how can I say this? Naughty? Yeah, they're more likely to be naughty both at home and at school. This may be due to an attention-deficit problem.

Presenter: They do behave in an opposite way, don't they? And what happens if the twins are of different sex? Who is the one that dominates?

Dr. Smith: (laughs) The girl is often the dominant partner in the pair. But remember that there are still a lot of families where sons are more valued than daughters and so, this can alter the roles.

Presenter: Another point you make in your book is that being part of a twin group may affect twins in a variety of ways. Can you mention some?

Dr. Smith: Well, err... The first is language. Twins who spend their early life together may develop a private language. This secret code may include gestures or words. The second way is how tasks are distributed. For example one takes care of the finances, the other the catering. One is good at learning foreign languages, the other at maths. But this can be problematic. I'd like to encourage parents of twins to treat them as two separate individuals and to help them have their own friends and activities.

Presenter: Well Dr Smith. Thanks a lot for being here with us tonight and for sharing your findings with us. And now the ads.

QUESTIONS

- 1.- When does the relationship between twins begin?
 - A. When they are born
 - B. After birth
 - ✓ **C. Before birth**
- 2.- Twins are
 - ✓ **A. more jealous than other children**
 - B. less jealous than other children
 - C. more strict than other children
- 3.- A lot of twins want to have exactly the same objects as the other twin because...
 - ✓ **A. they are jealous**
 - B. they are dangerous
 - C. they are loved
- 4.- How do twins avoid jealousy?
 - A. They play different roles when playing.
 - B. They buy different things.
 - ✓ **C. One twin is closer to the mother and the other to the father.**
- 5.- Who are more likely to compete with each other?
 - A. a twin girl and a twin boy
 - ✓ **B. twin girls**
 - C. twin boys
- 6.- Why are some twins naughty both at home and at school?
 - A. Because those are the places they feel secure in
 - B. Because they get bored at home.
 - ✓ **C. Because they want to call our attention**
- 7.- What or who can alter the roles a girl twin and a boy twin have in the couple?
 - A. The girl because she is the dominant one.
 - ✓ **B. The family because they value boys more than girls.**
 - C. The boy because he is the dominant one.
- 8.- Some aspects of behaviour influenced by their being part of a twin group are...
 - ✓ **A. language and allocation of tasks**
 - B. gestures and school learning
 - C. finances and maths