
BBC LEARNING ENGLISH

6 Minute English worksheet

How do we adapt to the cold?



Listen to the full episode here: <https://bbc.in/4ulqlS8>

- 1. Look at the cover image and title of the episode. What do you think this episode is about? What do you know about this topic already? What vocabulary do you associate with this topic?**
- 2. Now listen to the first two minutes of the episode.**
 - What do the presenters say the episode is about?
 - What is this week's question? What do you think the answer is?
- 3. Now listen to the whole episode. As you listen, write down the six items of vocabulary. What do they mean?**

a) Word/phrase: _____
It means: _____.

b) Word/phrase: _____
It means: _____.

c) Word/phrase: _____
It means: _____.

d) Word/phrase: _____
It means: _____.

e) Word/phrase: _____
It means: _____.

f) Word/phrase: _____
It means: _____.

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4. What did you learn that was surprising or new in this episode?

5. Answer the quiz questions. Listen again or use the transcript to help you.

1. What is the coldest temperature ever recorded?
 - a) -89°C
 - b) -99°C
 - c) -109°C
2. What does it mean to say you are 'used to' something?
 - a) you did it in the past but do not do it any longer
 - b) you are familiar with it
 - c) you plan to do it in the future
3. "Am I enjoying my job? Hmm... _____. I mean, there are good parts, but I hate other things about it."
 - a) yes and no
 - b) no and yes
 - c) yes and yes
4. Which adverb means 'in a way based on personal experience rather than objective fact'?
 - a) consecutively
 - b) objectively
 - c) subjectively
5. What is the 'shaking movement your muscles make when you feel cold'?
 - a) sneeze
 - b) shiver
 - c) snore
6. What does it mean if you 'are tolerant of' the cold?
 - a) you enjoy feeling cold
 - b) you hate the cold
 - c) you can endure the cold without being hurt

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6. Write your own sentences using the vocabulary.

7. Answer the following questions.

- What are three things you have learnt from this episode?
- How does this topic make you feel?
- Give three examples relevant to your life using the vocabulary.

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Answers

3.

- a. first and foremost – more than anything else; used to emphasise the most important feature of something
- b. tolerant of (something) – able to endure difficult conditions without being damaged
- c. (be) used to – be familiar with; be accustomed to
- d. yes and no – (idiom) partly and partly not; used when there is no clear answer to a question
- e. subjectively – based on someone's personal experience rather than objective facts
- f. shiver – shaking movement your muscles make because of feeling cold or frightened

5. 1a, 2b, 3a, 4c, 5b, 6c

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Teacher's notes

This worksheet is standardised so that you can amend and use it as appropriate with your classes.

Some topics may be difficult for learners, especially those which could be upsetting or cause offence. Please be mindful of this when using this worksheet and adapt it as necessary.

Extension activities

- Role-play an interview with an 'interviewer' and an 'expert' on this topic.
- Write a short story or article using the vocabulary from this episode.
- Read original articles on this topic.
- For homework: If it is available in your country, download and listen to the original podcast these extracts were taken from.