

Midterm 2 A – LISTENING 1

- Carlos Great to see you, Joe! How have you been?
- Joe Good to see you, too, Carlos. Oh, pretty good. You know, the same as usual. How about you? What have you been up to?
- Carlos Oh, lots of stuff – work, kids, traveling. Anyway, I'm starving. Let's go and get a burger.
- Joe OK, but I'll have a salad. I'm a vegetarian now.
- Carlos Really? When did you give up eating meat? You used to LOVE burgers!
- Joe Yeah, I know – and hot dogs! But I haven't eaten meat for two years now. I have a totally plant-based diet. And, actually, I feel great, much healthier, and I have more energy.
- Carlos Interesting ... I've changed a few things about my life, too. Remember how I used to wake up really late and never exercise?
- Joe Of course I do. You mostly watched soap operas on TV instead of playing baseball with the rest of us. Have you been getting up early recently?
- Carlos Yes. These days I'm always out of bed by six and at the gym by seven.
- Joe Wow, that's impressive. I go to the gym, too, but only three times a week and always in the evening. I have to be at work by eight, so there really isn't enough time to exercise in the mornings. One day I'd like to be as fit as you must be.
- Carlos It was a real challenge at first, but I realized I was pretty unhealthy, so I decided to work at it. Now if I miss a day at the gym, I'm miserable.
- Joe Isn't it strange the way people can change as they grow older?
- Carlos Yeah, though I don't think everyone changes, but we certainly have!

Mid Term 2A – LISTENING 2

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On today's podcast, we're discussing how and why people's taste in food changes as they get older. As children, most of us like sweet things, like chocolate, bananas, ice cream ... Why is that? The answer is a simple one. As tiny babies, we need a large number of calories. In fact, we need more calories as children than at any other time in our lives. That's because we're growing so fast. Babies are therefore "programmed" to want high-calorie foods and drinks with a lot of fat and sugar. Like milk, for example. Foods that are salty, like bacon or peanuts, don't interest babies at all. Neither do sour foods, like lemons.

Did you know that a baby's tongue is much more sensitive than an adult's tongue? The taste of food is much stronger for babies than for adults. This is why a lot of baby food is pretty plain. If it weren't, eating would be a terrible experience for babies. The taste of food would be too much to handle!

Children generally like sweet things until they're at least in their teens. That may also explain why so often you can't get your kids to eat all the vegetables that you want them to eat — the bitter flavors in some vegetables are stronger for a child than for an adult.

When we're adults, food doesn't taste as strong. This means that we need stronger flavors to have the same experience as a very small child. Also, we begin to enjoy sour foods and other flavors as we get older.

In next week's podcast, we'll be talking about the foods that teenagers enjoy the most. Join us then!