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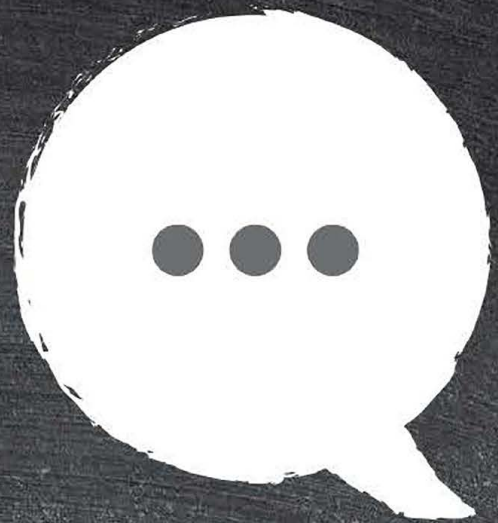


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LESSON NOTES

Culture Class: Essential Dutch Vocabulary #1 National Holidays

CONTENTS

- 2 Dutch
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

1

DUTCH

1. What is the top five most important National Holidays?
2. 1. Kerstmis
3. 2. Pasen
4. 3. Koninginnedag
5. 4. Nieuwjaarsdag
6. 5. Bevrijdingsdag

ENGLISH

1. What are the five most important National Holidays in the Netherlands?
2. 1. Christmas
3. 2. Easter
4. 3. Queen's Day
5. 4. New Years Day
6. 5. Liberation Day

VOCABULARY

Dutch	English	Class
-------	---------	-------

Kerstmis	Christmas	noun
Pasen	Easter	noun
Koninginnedag	Queen's Day	noun
Nieuwjaarsdag	New Years Day	noun
Bevrijdingsdag	Liberation Day	noun

SAMPLE SENTENCES

<p>Konijn is een populair gerecht met Kerstmis.</p> <p>"Rabbit is a popular Christmas dish."</p>	<p>Met Pasen zijn de meeste winkels gesloten.</p> <p>"On Easter most shops are closed."</p>
<p>Koninginnedag wordt gevierd op 29 april.</p> <p>"Queen's day is celebrated on the 29th of April."</p>	<p>Veel kerstbomen worden verbrand op Nieuwjaarsdag.</p> <p>"A lot of Christmas trees are burned on New Year's Day."</p>
<p>Op 5 mei vieren de Nederlanders de bevrijding van nazi-Duitsland.</p> <p>"On May 5th, Dutch people celebrate the liberation of Nazi Germany."</p>	

CULTURAL INSIGHT

1. Christmas

Christmas in the Netherlands is celebrated on the 25th and 26th of December. The 25th is "first Christmas Day" and the 26th is called "second Christmas Day." Both are national holidays. Usually on the first Christmas Day families come together and enjoy an evening of a nice Christmas dinner and exchanging presents. The second Christmas Day is mostly spent outdoors. Visiting a Christmas market or taking a long walk are popular activities for the second Christmas Day.

2. Easter

On Easter in the Netherlands most shops are closed. On this day, most Dutch people will enjoy an Easter breakfast and relax.

3. Queen's Day

On this national holiday Dutch people celebrate the birthday of the Queen. There are a lot of traditional activities held, and every year the royal family visits a different city.

4. New Year's Day

On the first day of the New Year, many people go to the beach to take part in the New Year's dive. This tradition involves taking a dive into the icy cold sea water.

5. Liberation Day

Liberation Day has been celebrated every year since 1945. The day was declared to be a national holiday in 1990.

LESSON NOTES

Culture Class: Essential Dutch Vocabulary #2 Foods

CONTENTS

- 2 Dutch
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

#2

DUTCH

1. What are the five most popular foods?
2. 1. aardappel
3. 2. erwtensoep
4. 3. pannenkoek
5. 4. patat
6. 5. kroket

ENGLISH

1. What are the five most popular foods?
2. 1. potato
3. 2. pea soup
4. 3. pancake
5. 4. french fries
6. 5. croquette

VOCABULARY

Dutch	English	Class	Gender
-------	---------	-------	--------

erwtensoep	pea soup	noun	
pannenkoek	pancake	noun	
patat	french fries	noun	
kroket	croquette	noun	
aardappel	potato	noun	masculine

SAMPLE SENTENCES

<p>Een traditionele naam voor erwtensoep is 'snert'.</p> <p>"A traditional name for peasoup is 'snert'."</p>	<p>De pannenkoek was het favoriete Nederlandse eten van Napoleon.</p> <p>"The pancake was Napoleon's favorite Dutch food."</p>
<p>De eerste franse frietjes in Nederland dateren van 1905.</p> <p>"The first french fries in the Netherlands date back to 1905."</p>	<p>Kroketten van de snackbarketen FEBO zijn erg lekker.</p> <p>"Croquettes from the snack bar chain FEBO are very delicious."</p>
<p>Er zijn meer dan 200 verschillende soorten aardappelen in Nederland.</p> <p>"There are more than 200 kinds of potatoes in the Netherlands."</p>	<p>De aardappel komt van oorsprong uit Peru.</p> <p>"Potatoes come from Peru."</p>

CULTURAL INSIGHT

1. Potato

Potatoes are an everyday food for Dutch people, and are used in many different kinds of dishes.

2. Pea Soup

This traditional dish is very common during the wintertime.

3. Pancake

Dutch pancakes are often larger and thinner than pancakes in the US. There are many pancake restaurants in the Netherlands.

4. French Fries

French fries in the Netherlands are dipped in mayonnaise. There are more than 10 variants of sauce.

5. Croquette

This typical Dutch snack is a 10cm long breadcrumbed fried roll which is usually eaten with mustard.

LESSON NOTES

Culture Class: Essential Dutch Vocabulary #3 Beverages

CONTENTS

- 2 Dutch
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

3

DUTCH

1. What are the five most popular beverages?
2. 1. bier
3. 2. koffie
4. 3. jenever
5. 4. thee
6. 5. melk

ENGLISH

1. What are the five most popular beverages?
2. 1. beer
3. 2. coffee
4. 3. jenever
5. 4. tea
6. 5. milk

VOCABULARY

Dutch	English	Class	Gender
-------	---------	-------	--------

bier	beer (standard form)	noun	neuter
koffie	coffee	noun	masculine
jenever	jenever	noun	masculine
thee	tea	noun	feminine
melk	milk	noun	feminine

SAMPLE SENTENCES

<p>Heineken bier is het meest populaire internationale merk van Nederland.</p> <p>"Heineken beer is the most popular international brand from the Netherlands."</p>	<p>Ik hou van belgisch bier!</p> <p>"I love Belgian beer!"</p>
<p>Dokkumer koffie is een locale specialiteit van de noordelijke provincie Friesland.</p> <p>"Dokkumer coffee is a local specialty from the northern province of Friesland."</p>	<p>Wanneer jenever wordt gedronken met bier noem je het een 'kopstoot'.</p> <p>"When jenever is drunk with beer, it's called a "headbutt"."</p>
<p>Jenever smaakt erg lekker.</p> <p>"Jenever tastes really delicious."</p>	<p>Zwarte thee is de meest populaire thee in Nederland.</p> <p>"Black tea is the most popular tea in the Netherlands."</p>
<p>Melk is een erg gezonde drank.</p> <p>"Milk is a very healthy beverage."</p>	<p>Koffie met melk alstublieft.</p> <p>"Coffee with milk please."</p>

CULTURAL INSIGHT

1. Beer

There are more than 750 beer brands in the Netherlands.

2. Coffee

Dutch people are well known for their coffee drinking habit; it averages three cups per day.

3. Jenever

Known as "Dutch gin," this traditional liquor has an alcohol percentage of 35%.

4. Tea

The Netherlands is one of Europe's top importers of tea.

5. Milk

The Dutch love milk, and this could be a reason why they are so tall!

LESSON NOTES

Culture Class: Essential Dutch Vocabulary #4 Popular Home-Cooked Meals

CONTENTS

- 2 Dutch
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

4

DUTCH

1. What are the five most popular home cooked meals?
2. 1. gebakken aardappels
3. 2. boerenkool
4. 3. hutspot
5. 4. bal gehakt
6. 5. gekookte mosselen

ENGLISH

1. What are the five most popular home cooked meals?
2. 1. baked potatoes
3. 2. kale
4. 3. hotchpotch
5. 4. meatball
6. 5. boiled mussels

VOCABULARY

Dutch	English	Class
-------	---------	-------

gebakken aardappels	baked potatoes	noun
boerenkool	kale	noun
hutspot	hotchpotch	noun
bal gehakt	meatball	noun
gekookte mosselen	boiled mussels	noun

SAMPLE SENTENCES

<p>Gebakken aardappels en biefstuk zijn een geweldig diner!</p> <p>"Baked potatoes and steak make a great dinner!"</p>	<p>Boerenkool is het nationale gerecht van Nederland.</p> <p>"Kale is Holland's national dish."</p>
<p>De stad Leiden heeft een festival waarbij het eten van hutspot een onderdeel is.</p> <p>"The city of Leiden has an event that includes eating hotchpotch."</p>	<p>Gehaktballen vind je in bijna elk land.</p> <p>"Meatballs can be found in almost every country."</p>
<p>In bier gekookte mosselen zijn een heerlijke maaltijd.</p> <p>"Boiled mussels in beer make a great dish."</p>	

CULTURAL INSIGHT

1. Baked potatoes

Baked potatoes are another example of how Dutch people like to eat their potatoes.

2.

Kale

This cabbage-like plant is traditionally eaten in the winter with sausage and bacon.

3. Hotchpotch

A delicious winter dish, this is a mash of carrots, onions and potatoes.

4. Meatball

Meatballs are a very common meat product that is served with most Dutch main dishes.

5. Boiled mussels

Mussels are a kind of clam which are usually boiled. Dutch people usually eat them together with bread.

LESSON NOTES

Culture Class: Essential Dutch Vocabulary #5 Sweets and Desserts

CONTENTS

- 2 Dutch
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

#5

DUTCH

1. What are the five most popular sweets and desserts?
2. 1. ijs
3. 2. vla
4. 3. appeltaart
5. 4. advocaat
6. 5. pudding

ENGLISH

1. What are the five most popular sweets and desserts?
2. 1. Ice-cream
3. 2. Vla, a type of custard
4. 3. Apple pie
5. 4. Advocaat, a Dutch liqueur
6. 5. Pudding

VOCABULARY

Dutch	English	Class	Gender
-------	---------	-------	--------

ijs	ice cream	noun	
vla	vla, a type of custard	noun	
appeltaart	apple pie	noun	feminine
advocaat	advocaat, a Dutch liqueur	noun	
pudding	pudding	noun	

SAMPLE SENTENCES

<p>Softijs en italiaans ijs zijn de meest favoriete soorten in Nederland.</p> <p>"Soft serve and gelato are the favorite kinds of ice cream in the Netherlands."</p>	<p>Oranjevla en wintervla zijn tijdelijk verkrijgbare smaken.</p> <p>"Oranjevla and Wintervla are limited flavors."</p>
<p>De appeltaart van mijn moeder is heerlijk!</p> <p>"My mother's apple pie is delicious!"</p>	<p>Elk jaar wordt er door een Nederlands krant een 'appeltaarten test' georganiseerd.</p> <p>"Every year there is a National Apple pie contest organized by a Dutch newspaper."</p>
<p>Jouw appeltaart is heel lekker.</p> <p>"Your apple pie is very tasty."</p>	<p>Advocaat heeft een alcoholpercentage van 14%.</p> <p>"Advocaat has an alcohol percentage of 14%."</p>

Een erg populaire pudding in Nederland is griesmeelpudding met bramensap.

"A very popular pudding in the Netherlands is semolina pudding with raspberry sauce."

CULTURAL INSIGHT

1. Ice-cream

Dutch people love a good ice cream, and from April to November the seasonal ice cream shops open their doors to customers, selling various flavours of ice cream.

2. Vla, a type of custard

Vla custard is a dairy product that is made of cooked milk and custard. It is served cold, and has the same texture as yoghurt, but has a sweet taste instead of sour. It is available in many flavors such as banana, vanilla, chocolate and strawberry.

3. Apple pie

Apple pie and coffee are a part of Dutch culture, and are served in almost all restaurants.

4. Advocaat, a Dutch liqueur

Advocaat is a traditional Dutch liqueur that is rich and creamy and made from eggs, sugar and brandy.

5. Pudding

Pudding is a sweet dessert which is popular in the Netherlands.

LESSON NOTES

Culture Class: Essential Dutch Vocabulary #6 Fruits

CONTENTS

- 2 Dutch
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

6

DUTCH

1. What are the five most popular fruits?
2. 1. appel
3. 2. peer
4. 3. kers
5. 4. banaan
6. 5. braam

ENGLISH

1. What are the five most popular fruits?
2. 1. apple
3. 2. pear
4. 3. cherry
5. 4. banana
6. 5. raspberry

VOCABULARY

Dutch	English	Class	Gender
-------	---------	-------	--------

braam	raspberry	noun	
appel	apple	noun	masculine
peer	pear	noun	
kers	cherry	noun	feminine
banaan	banana	noun	feminine

SAMPLE SENTENCES

<p>Bramen plukken is een traditionele zomerse activiteit.</p> <p>"Picking raspberries is a traditional summer activity."</p>	<p>In de nederlandse provincie Gelderland is een plaats genaamd Appel.</p> <p>"In the Dutch province of Gelderland there is a city named Appel."</p>
<p>Hoeveel kosten deze appels?</p> <p>"How much are these apples?"</p>	<p>De meest bekende peer in Nederland is de 'conference'.</p> <p>"The most famous pear in the Netherlands is the 'conference'."</p>
<p>Een populair fruitbier is bier met kersensmaak.</p> <p>"Beer with a cherry flavor is a popular kind of fruit beer."</p>	<p>Ik wil kersen eten.</p> <p>"I want to eat cherries."</p>
<p>Sommige mensen zeggen dat banaan een groente is en geen vrucht.</p> <p>"Some people say the banana is a vegetable and not a fruit."</p>	<p>Ik hou van fruit vooral de banaan.</p> <p>"I like fruit, especially the banana."</p>

CULTURAL INSIGHT

1. Apple

The apple is the most popular fruit in the Netherlands.

2. Pear

The Netherlands is in the top 10 pear-producing countries in the world. There are a lot of Dutch expressions that contain the word "pear." If somebody says: "You're a cool pear!" it means that he or she thinks that you are nice person!

3. Cherry

There are two kinds of cherries in the Netherlands: sweet and sour. The sweet cherries are used for direct consumption, while the sour cherry is used to make jam or juice.

4. Banana

This popular fruit is used in various desserts. A famous one is the banana split.

5. Raspberry

Not only the fruits but also the leaves of the raspberry plant are used to make tea. The fruit is sweet and has a blue color. They are eaten fresh or are processed as jam.

LESSON NOTES

Culture Class: Essential Dutch Vocabulary #7 Vegetables

CONTENTS

- 2 Dutch
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

#7

DUTCH

1. What are the five most popular vegetables?
2. 1. tomaat
3. 2. wortel
4. 3. bloemkool
5. 4. ui
6. 5. doperwt

ENGLISH

1. What are the five most popular vegetables?
2. 1. tomato
3. 2. carrot
4. 3. cauliflower
5. 4. onion
6. 5. pea

VOCABULARY

Dutch	English	Class	Gender
-------	---------	-------	--------

tomaat	tomato	noun	feminine
wortel	carrot	noun	masculine
bloemkool	cauliflower	noun	feminine
ui	onion	noun	masculine
doperwt	pea	noun	

SAMPLE SENTENCES

<p>Tomaten zijn erg gezond.</p> <p>"Tomatoes are very healthy."</p>	<p>Is een tomaat een fruit of een groente?</p> <p>"Is a tomato a fruit or a vegetable?"</p>
<p>Wortels bevatten veel vitamine A wat goed is voor je gezichtsvermogen.</p> <p>"Carrots contain a lot of vitamin A, which is good for your eyesight."</p>	<p>Nederlanders houden van bloemkool met een kaassaus.</p> <p>"The Dutch love to eat cauliflower with cheese sauce."</p>
<p>Als je uien onder water pelt krijg je geen tranen in je ogen.</p> <p>"If you cut an onion under water you won't get tears in your eyes."</p>	<p>Er zijn vier basissoorten van de ui, geel en bruin, wit, rood en zoet.</p> <p>"There are four basic types of onions: yellow and brown, white, red, and sweet."</p>
<p>Verse erwten zijn alleen verkrijgbaar tijdens een korte periode van juni tot en met augustus.</p> <p>"Fresh peas are only available for a short time each year, from June until August."</p>	

CULTURAL INSIGHT

1. Tomato

The tomato is a popular vegetable and is used in various dishes and salads. The most delicious tomato in the Netherlands is the honey tomato.

2. Carrot

This vegetable got its distinctive orange color from the Dutch. In the 17th century the carrot was first brought from Iran to the Netherlands. It had a different color from its present orange, but the Dutch cross-bred it until they had a hybrid with the same orange colour as that of the Royal House of Orange-Nassau. After that the orange carrot spread out all over the rest of Europe.

3. Cauliflower

This common vegetable is grown in large quantities in the provinces of North-Holland and Friesland. They make a traditional dish when eaten together with potatoes and a meatball.

4. Onion

Onions have a long history in Europe. They can be found in many old traditional stories and famous paintings.

5. Pea

Peas are a popular vegetable usually served in a dish with baked potatoes and carrots.

LESSON NOTES

Culture Class: Essential Dutch Vocabulary #8 Food Souvenirs

CONTENTS

- 2 Dutch
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

8

DUTCH

1. What are the five most popular food souvenirs?
2. 1. stroopwafels
3. 2. drop
4. 3. spek
5. 4. hopje
6. 5. chocolade

ENGLISH

1. What are the five most popular food souvenirs?
2. 1. stroopwaffle
3. 2. licorice
4. 3. marshmallow
5. 4. hopje
6. 5. chocolate

VOCABULARY

Dutch	English	Class
-------	---------	-------

stroopwafels	stroopwaffle	noun
drop	licorice	noun
spek	marshmallow	noun
hopje	hopje, a Dutch sweet	noun
chocolade	chocolate	noun

SAMPLE SENTENCES

<p>De eerste stroopwafel werd gemaakt in de stad Gouda in 1784.</p> <p>"The first stroopwafel was made in 1784 in the the city of Gouda."</p>	<p>Nederland is de grootste dropproducent binnen de Europese Unie.</p> <p>"The Netherlands is the biggest producer of licorice in the European Union."</p>
<p>Een erg populaire soort spek is de "negerzoen", die gedoopt is in chocolade.</p> <p>"A very popular type of marshmallow is the 'negerzoen', which is dipped in chocolate."</p>	<p>Het Hopje is vernoemd naar Baron Hop die verslaafd was aan koffie.</p> <p>"Hopje was named after a Dutch Baron named Hop who was addicted to coffee."</p>

"Chocolade" komt van het Azteekse woord "Xocolatl", wat "bitter water" betekent.

""Chocolate" comes from the Aztec word, "Xocolatl", which means 'bitter water'."

CULTURAL INSIGHT

1. Stroopwaffle

This syrup waffle is made from two layers of baked batter with a caramel filling in the middle. Dutch people will sometimes put the stroopwafel on top of a hot cup of tea to make the syrup melt.

2. Licorice

This famous confectionery gets its flavor from the extract of the root of the licorice plant. The licorice has a strong taste and comes in all kinds of shapes. This original European candy comes in various souvenir packagings, so it's one of the top souvenir products to be sold in the Netherlands.

3. Marshmallow

Marshmallows are loved by Dutch people young and old, and are used in various ways, such as in a cup of hot chocolate milk or added to ice-cream.

4. Hopje

Hopje is an original Dutch sweet that has a light coffee and caramel flavor. The first hopje was made in the 18th century.

5. Chocolate

Dutch people love chocolate very much, and it comes in all kinds of forms. Chocolate arrived in the Netherlands for the first time in the 16th century and gained a lot of popularity. Today the most famous Dutch chocolate brands are Verkade, Droste and Van Houten.

LESSON NOTES

Culture Class: Essential Dutch Vocabulary #9 Pop and Traditional Culture

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- 2 Dutch
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

9

DUTCH

1. What are the five most well-known pop or traditional culture?
2. 1. Carnaval
3. 2. Sint Maarten
4. 3. klompen
5. 4. fiets
6. 5. haring

ENGLISH

1. What are the five most well-known pop or traditional culture?
2. 1. Carnaval
3. 2. St. Martin's Day
4. 3. wooden shoes, clogs
5. 4. bicycle
6. 5. herring

VOCABULARY

Dutch	English	Class	Gender
-------	---------	-------	--------

haring	herring	noun	
Carnaval	Carnaval	noun	
Sint Maarten	St. Martin's Day	noun	
klompen	wooden shoes, clogs	noun	
fiets	bicycle	noun	feminine

SAMPLE SENTENCES

<p>Er zijn veel haringkramen waar je kunt genieten van heerlijke verse haring.</p> <p>"There are many herring stands where you can enjoy delicious fresh herring."</p>	<p>Carnaval wordt gevierd in de zuidelijke provincies van Nederland.</p> <p>"Carnaval in the Netherlands is celebrated in the southern provinces."</p>
<p>Sint Maarten was ooit een feestdag voor de armen.</p> <p>"St Martin's Day used to be a holiday for the poor."</p>	<p>Klompen zijn een populair nederlands souvenir.</p> <p>"Wooden shoes are the most popular souvenir from the Netherlands."</p>
<p>Klompen zijn een populair souvenir.</p> <p>"Wooden shoes are a popular souvenir."</p>	<p>In Nederland zijn meer fietsen dan Nederlanders.</p> <p>"In the Netherlands there are more bicycles than Dutch people."</p>
<p>Je hoeft tijdens het fietsen geen helm te dragen.</p> <p>"You don't have to wear a helmet if you ride a bicycle."</p>	<p>Er zijn meer dan 2 miljoen fietsen in Amsterdam.</p> <p>"In Amsterdam there are more than two million bicycles."</p>

CULTURAL INSIGHT

1. Carnaval

This traditional Catholic holiday is celebrated three days before Ash Wednesday. Carnaval is celebrated from Sunday until Tuesday evening.

2. St. Martin's Day

This is celebrated on the 11th of November. Children go from door to door with their lanterns, sing songs, and in return hope to receive sweets or fruits.

3. Wooden shoes

The wooden shoe was not only used in the Netherlands but in many other countries in Europe during the Middle Ages. They were mainly worn by workers and farmers.

4. Bicycle

The bicycle is very popular in the Netherlands. There are actually more bicycles than there are people in this small country!

5. Herring

Dutch people eat herring raw by holding it by its tail, dipping it into small pieces of onions, and then eating it from the head.

LESSON NOTES

Culture Class: Essential Dutch Vocabulary #10 Animals

CONTENTS

- 2 Dutch
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 4 Cultural Insight

10

DUTCH

1. What are the five most popular animals?
2. 1. hond
3. 2. kat
4. 3. koe
5. 4. das
6. 5. Zeearend

ENGLISH

1. What are the five most popular animals?
2. 1. dog
3. 2. cat
4. 3. cow
5. 4. badger
6. 5. sea eagle

VOCABULARY

Dutch	English	Class	Gender
--------------	----------------	--------------	---------------

das	badger	noun	
Zeearend	sea eagle		
hond	dog	noun	masculine
kat	cat	noun	masculine
koe	cow	noun	feminine

SAMPLE SENTENCES

<p>Regenwormen zijn de favoriete maaltijd van een das.</p> <p>"Earthworms are the badger's favorite meal."</p>	<p>De vleugelwijdte van een zeearend kan 2 meter zijn.</p> <p>"The wingspan of a sea eagle can be two meters."</p>
<p>Men zegt dat een hond een man zijn beste vriend is.</p> <p>"It is said that the dog is man's best friend."</p>	<p>De harige hond rent achter de bal aan.</p> <p>"The shaggy dog is running after a ball."</p>
<p>De jongen heeft een hond als huisdier.</p> <p>"The boy has a pet dog."</p>	<p>Katten houden niet van water.</p> <p>"Cats don't like water."</p>
<p>De zwarte kat loopt voor het scherm langs.</p> <p>"The black cat is walking across the screen."</p>	<p>In de zomer staan de koeien in de wei.</p> <p>"In summer, the cows graze in the meadow."</p>

Lange tijd geleden verkochten de Nederlanders veel koeien aan de Verenigde Staten voor de productie van boter.

"A long time ago the Dutch sold many cows to the United States for the production of butter."

De koeien grazen in de wei.

"The cows are grazing in the meadow."

De koe is in het veld.

"The cow is in the field."

CULTURAL INSIGHT

1. Dog

The most popular breed in the Netherlands is the labrador retriever.

2. Cat

Cats are very common and make wonderful pets. There are many expressions and sayings about cats in Dutch. We say that if a cat washes itself, it means that soon you will have an unexpected guest.

3. Cow

The dairy cow can be seen everywhere in the Netherlands. The enormous production of milk leads to a variety of cheese and other dairy products.

4. Badger

During the 1980s the badger almost became extinct in the Netherlands. Thanks to tremendous efforts from the organisation Das and Boom, the badger is now no longer on the

list of endangered species. It does however still get the highest degree of protection and attention.

5. Sea eagle

After an absence of several centuries, the sea eagle is now successfully breeding again in the Netherlands. Since 2006 a sea eagle pair has returned to the country every year after migrating.

LESSON NOTES

Culture Class: Essential Dutch Vocabulary #11 Plants

CONTENTS

- 2 Dutch
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

11

DUTCH

1. What are the five common plants?
2. 1. tulip
3. 2. roos
4. 3. narcis
5. 4. viool
6. 5. zonnebloem

ENGLISH

1. What are the five common plants?
2. 1. tulip
3. 2. rose
4. 3. narcissus
5. 4. violet
6. 5. sunflower

VOCABULARY

Dutch	English	Class	Gender
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narcis	narcissus	noun	
viooltje	violet	noun	
zonnebloem	sunflower	noun	feminine
tulp	tulip	noun	common
roos	rose	noun	feminine

SAMPLE SENTENCES

<p>De narcis heeft een sterke geur.</p> <p>"The narcissus has a strong fragrance."</p>	<p>De bladeren en wortels van een viooltje worden in sommige medicijnen gebruikt.</p> <p>"The leaves and roots of the violet are used in some medicines."</p>
<p>De Nederlandse schilder Van Gogh gebruikte zonnebloemen als onderwerp voor zijn meest beroemde schilderij.</p> <p>"Dutch painter Van Gogh used sunflowers as the subject for his most famous painting."</p>	<p>In het dorp Limmen kun je meer dan 3500 verschillende soorten tulpen vinden.</p> <p>"In the town of Limmen you will find more than 3500 different kinds of tulip."</p>
<p>De koeien bij mij achter eten alleen maar tulpen.</p> <p>"The cows behind my house only eat tulips."</p>	<p>Nederlanders geven graag rozen met Valentijnsdag.</p> <p>"Dutch people love to give roses for Valentine's Day."</p>

Rozen sieren elke tuin en maken het mooier.

"Roses can adorn any garden and make it more beautiful."

CULTURAL INSIGHT

1. Tulip

The tulip is probably the most famous flower in the Netherlands, and the export market is dominated by the Dutch. Every year thousands of tourists visit the Netherlands to see the many different kinds of tulips.

2. Rose

Roses can be found in many colors and every color has its own meaning. White roses mean 'have trust in me.'

3. Narcissus

If the preceding winter has been mild, the narcissus can be seen in many places.

4. Violet

Violets are used in many ways. The most common is in perfume, but the Dutch also like to decorate their dishes with violet leaves.

5. Sunflower

This flower, which is native to the Americas, is popular for its decorative uses as well as for the production of sunflower oil.

LESSON NOTES

Culture Class: Essential Dutch Vocabulary #12 Geographical Features

CONTENTS

- 2 Dutch
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

12

DUTCH

1. What are the five most common geographical features?
2. 1. rivier
3. 2. duin
4. 3. Noordzee
5. 4. dijk
6. 5. gracht

ENGLISH

1. What are the five most common geographical features?
2. 1. river
3. 2. dune
4. 3. Northsea
5. 4. dyke
6. 5. canal

VOCABULARY

Dutch	English	Class	Gender
--------------	----------------	--------------	---------------

rivier	river	noun	feminine
duin	dune	noun	
Noordzee	North Sea	noun	
dijk	dyke	noun	
gracht	canal	noun	

SAMPLE SENTENCES

<p>Een boottocht over de rivier de Rijn is erg populair onder ouderen.</p> <p>"A cruise on the river Rhine is very popular among elderly people."</p>	<p>De bruine beer rent in de rivier.</p> <p>"The brown bear is running in the river."</p>
<p>Het hoogste duin in Nederland is 53 meter hoog.</p> <p>"The highest dune in the Netherlands is 53 meters high."</p>	<p>In de zomer gaan veel Nederlanders op bezoek naar de kust om een verfrissende duik in de Noordzee te nemen.</p> <p>"In summer time many Dutch people visit the coastline to take a refreshing dive in the North Sea."</p>
<p>Hans Brinker is een bekend traditioneel verhaal over een jongen die zijn vinger in een dijk steekt.</p> <p>"Hans Brinker" is a famous traditional story about a boy who plugs a dyke with his finger."</p>	<p>Een huis aan een gracht is erg duur.</p> <p>"A house on a canal is very expensive."</p>
<p>De grachten van Amsterdam zijn s-avonds verlicht.</p> <p>"The Amsterdam Canals light up at night."</p>	

CULTURAL INSIGHT

1. River

The Netherlands is a real 'water land,' and there are many rivers in this small country. The longest river is the Rhine, which flows from the Swiss Alps to the North Sea coast of the Netherlands.

2. Dune

A dune is a hill of sand that can be found on the coastline or near rivers. They protect the Netherlands from the North Sea.

3. Northsea

The North Sea is located between Great Britain, Scandinavia, Germany, the Netherlands, Belgium and France, with an average depth of ninety-four meters.

4. Dyke

A artificially constructed wall which regulates water levels. The earliest dike in Holland dates back to the 12th century. The English word "dike" derives from the Dutch word *dijk*.

5. Canal

A canal is a man-made watercourse, usually in the countryside, irrespective of whether or not it has streets along its banks. Many of these canals can be found in the city of Amsterdam and the bridges across them are lit up at night, giving the city a romantic look.

LESSON NOTES

Culture Class: Essential Dutch Vocabulary #13 Cities

CONTENTS

- 2 Dutch
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

13

DUTCH

1. What are the five well-known cities?
2. 1. Amsterdam
3. 2. Rotterdam
4. 3. Groningen
5. 4. Utrecht
6. 5. Den Haag

ENGLISH

1. What are the five best-known cities?
2. 1. Amsterdam
3. 2. Rotterdam
4. 3. Groningen
5. 4. Utrecht
6. 5. The Hague

VOCABULARY

Dutch	English	Class
-------	---------	-------

Rotterdam	Rotterdam	noun
Groningen	Groningen	noun
Utrecht	Utrecht	noun
Den Haag	The Hague	noun
Amsterdam	Amsterdam	noun

SAMPLE SENTENCES

<p>Rotterdam heeft veel kubuswoningen, ontworpen door architect Piet Blom.</p> <p>"Rotterdam has many cube houses designed by architect Piet Blom."</p>	<p>Groningen is een zusterstad van Holland in de Verenigde Staten.</p> <p>"Groningen is a sister city of Holland in the United States."</p>
<p>Nijntje, het wereldberoemde getekende konijn, werd geboren in de stad Utrecht.</p> <p>"Miffy, the world famous rabbit cartoon character, was born in the city of Utrecht."</p>	<p>Heerlijke haring kun je vinden in de stad Den Haag.</p> <p>"Delicious herring can be found in The Hague."</p>
<p>Twee belangrijke bezienswaardigheden van Amsterdam zijn het Van Gogh museum en de rosse buurt.</p> <p>"Two main attractions of Amsterdam are the Van Gogh museum and the Red Light District."</p>	<p>Ik woon in Amsterdam.</p> <p>"I live in Amsterdam."</p>

CULTURAL INSIGHT

1. Amsterdam

It is the largest city and the capital of the Netherlands, with a population of 790,654. The Amsterdam Stock Exchange, the oldest stock exchange in the world, is located in the city center.

2. Rotterdam

Rotterdam is the second largest city in the Netherlands and is famous for having one of the largest ports in the world. Rotterdam is also well known for an event held annually in January: The International Film Festival of Rotterdam.

3. Groningen

This university city is the largest in the north of the Netherlands. Groningen is also known as the "Metropolis of the North."

4. Utrecht

Utrecht is located in the middle of the Netherlands and is the country's fourth largest city. This city has many buildings and structures from the Middle Ages. Utrecht has a long history, and it was the first city in the Netherlands to have city rights.

5. The Hague

The Hague is the capital of the province of South Holland. Even though it is not the capital of the Netherlands, it still fulfills one of the most important tasks: all ministries and embassies are located in The Hague.

LESSON NOTES

Culture Class: Essential Dutch Vocabulary #14 Sports

CONTENTS

- 2 Dutch
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 4 Cultural Insight

14

DUTCH

1. What are the five most popular sports?
2. 1. voetbal
3. 2. hockey
4. 3. zwemmen
5. 4. tennis
6. 5. basketbal

ENGLISH

1. What are the five most popular sports?
2. 1. soccer
3. 2. hockey
4. 3. swimming
5. 4. tennis
6. 5. basketball

VOCABULARY

Dutch	English	Class	Gender
-------	---------	-------	--------

voetbal	soccer	noun	neutral
hockey	hockey	noun	
zwemmen	swimming	noun	neutral
tennis	tennis	noun	neutral
basketbal	basketball	noun	neutral

SAMPLE SENTENCES

<p>De mascotte van het Nederlands Elftal is een oranje leeuw.</p> <p>"The mascot of the Dutch National team is an orange lion."</p>	<p>De spelers spelen voetbal.</p> <p>"The players are playing soccer."</p>
<p>Voetbal is werelds meest populaire sport.</p> <p>"Soccer is the world's most popular sport."</p>	<p>Tijdens de zomerspelen van 2012 won het Nederlands Veldhockey Team Dames de gouden medaille.</p> <p>"At the Summer Olympics of 2012 the Dutch women's national field hockey team won the gold medal."</p>
<p>De schoolslag is de eerste slag die kinderen leren als zij leren zwemmen.</p> <p>"The breaststroke is the first stroke taught to children."</p>	<p>Ik hou van zwemmen.</p> <p>"I like swimming."</p>
<p>Strandtennis werd in 2007 geïntroduceerd en wordt steeds populairder.</p> <p>"Beach tennis was introduced in 2007 and is gaining in popularity."</p>	<p>De jonge mannen spelen tennis.</p> <p>"The young men are playing tennis."</p>

De vrienden spelen tennis op de tennisbaan.

"The friends play tennis on the tennis court."

Rik Smits was een beroemde Nederlandse basketballer die voor de Indiana Pacers speelde.

"Rik Smits was a famous Dutch basketball player who played for the Indiana Pacers."

De jongens en meisjes spelen basketbal.

"The boys and girls are playing basketball."

CULTURAL INSIGHT

1. Soccer

Soccer is the most popular sport in the Netherlands. There are many soccer clubs at both the amateur and professional level. The Dutch National team is ranked in the top 10 teams in the world, and is therefore very popular. During big events like the Euro Cup or World Cup, the whole nation is draped in the color orange.

2. Hockey

In 1891 hockey was introduced to the Netherlands. It has become a popular sport, with more than 200,000 active players. Field hockey is the most popular version.

3. Swimming

The Netherlands has always been strongly connected to water, so it's not strange that the percentage of Dutch people who can swim is very high. Dutch people take swimming lessons from a very young age, and during elementary school schools will provide swimming lessons at the public pool.

4. Tennis

The Dutch love to play the game of tennis. During the winter time, a lot of people play indoor tennis, while in summer people often rent a tennis court for an hour or two.

5. Basketball

Statistically, the tallest people in the world, as measured by country, are the Dutch. A lot of tall Dutch children try their best in basketball, and some talents have made it to the American NBA (National Basketball Association).

LESSON NOTES

Culture Class: Essential Dutch Vocabulary #15 Recreational Activities

CONTENTS

- 2 Dutch
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

15

DUTCH

1. What are the five most recreational activities?
2. 1. naar de film gaan
3. 2. winkelen
4. 3. kamperen
5. 4. vissen
6. 5. fietstocht

ENGLISH

1. What are the five most popular recreational activities?
2. 1. going to the movies
3. 2. shopping
4. 3. camping
5. 4. fishing
6. 5. bicycle tour

VOCABULARY

Dutch	English	Class
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naar de film gaan	going to the movies	noun
winkelen	shopping	verb
kamperen	camping	noun
vissen	fishing (fish)	noun
fietstocht	bicycle tour	noun

SAMPLE SENTENCES

<p>Turks Fruit is de meest succesvolle Nederlandse film ooit.</p> <p>"Turks Fruit is the most successful Dutch movie of all time."</p>	<p>Als je van winkelen houdt probeer dan de meest bekende winkelstraat van Amsterdam, de Kalverstraat.</p> <p>"If you like shopping, try Amsterdam's most famous shopping street, the Kalverstraat."</p>
<p>Veel campings kun je langs de Nederlandse kust vinden.</p> <p>"Most campsites can be found along the coastline of the Netherlands."</p>	<p>Voor het vissen in sommige rivieren heb je een visbewijs nodig.</p> <p>"Some rivers require a special fishing license if you want to go fishing."</p>
<p>Vissen is een ontspannen hobby.</p> <p>"Fishing is a relaxing hobby."</p>	<p>Drenthe heeft zichzelf de bijnaam 'fietsprovincie van Nederland' gegeven.</p> <p>"Drenthe gave itself the title of 'Bicycle Province of the Netherlands'."</p>
<p>Ik maak graag een lange fietstocht.</p> <p>"I enjoy making a long bicycle tour."</p>	

CULTURAL INSIGHT

1. Going to the movies

The Dutch like to go to the movies from time to time. Cinemas and arthouse cinemas have seen an increase of visitors in recent years, and it is expected that this trend will continue. In Amsterdam, Rotterdam and Haarlem, new cinemas have opened their doors. The annual International Documentary Film Festival Amsterdam is the world's largest documentary film festival.

2. Shopping

There are a lot of good shopping areas to be found in the Netherlands and a lot of Dutch people will spend their free weekend shopping. Stores are officially allowed to stay open until 10pm, but usually close at 7pm. Traditionally stores are open one evening during the week until 9pm. This can be, depending on the city, a Thursday or a Friday evening.

3. Camping

A lot of Dutch families own a caravan. During the summer holiday, such families will go on three week trips to a camping site in France, Spain or Italy. On national holidays they will take their caravan to one of the many camping areas that can be found in the Netherlands.

4. Fishing

The Netherlands is a great fishing country, and it's one of the most popular outdoor activities. Because the Netherlands is rich in water resources, there are many quiet and relaxing places where you can enjoy fishing at its best.

5. Bicycle tour

The popularity of bike riding in the Netherlands is probably due to the fact that it is a 'flat' country. Bike bridges, bike tunnels and bike paths are part of the infrastructure. Many Dutch people use bikes to commute to work or school, and when it's nice weather they go out and ride on one of the many cycling routes.

LESSON NOTES

Culture Class: Essential Dutch Vocabulary #16 Tourist Attractions and Places

CONTENTS

- 2 Dutch
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

16

DUTCH

1. What are the five most popular tourist attractions?
2. 1. De Veluwe
3. 2. De Efteling
4. 3. Volendam
5. 4. De Zaanse Schans
6. 5. Madurodam

ENGLISH

1. What are the five most popular tourist attractions?
2. 1. The Veluwe
3. 2. The Efteling
4. 3. Volendam
5. 4. The Zaanse Schans
6. 5. Madurodam

VOCABULARY

Dutch	English	Class
-------	---------	-------

De Veluwe	The Veluwe	noun
De Efteling	The Efteling	noun
Volendam	Volendam	noun
De Zaanse Schans	The Zaanse Schans	noun
Madurodam	Madurodam	noun

SAMPLE SENTENCES

<p>Wilde zwijnen, dassen en verschillende soorten slangen leven op de Veluwe.</p> <p>"Wild boars, badgers and several species of snakes live in the Veluwe."</p>	<p>De mascotte van de Efteling heet Pardoes.</p> <p>"The mascot of the Efteling is named Pardoes."</p>
<p>In Volendam kun je een foto van jezelf laten maken in traditionele nederlandse klederdracht.</p> <p>"In Volendam you can have your picture taken in traditional Dutch clothing."</p>	<p>Bij de Zaanse Schans kun je zien hoe klompen op traditionele manier worden gemaakt.</p> <p>"At the Zaanse Schans you can see how wooden shoes are traditionally made."</p>
<p>Madurodam is gemaakt op een schaal van 1:25.</p> <p>"Madurodam is made on a scale of 1:25."</p>	

CULTURAL INSIGHT

1. The Veluwe

The Veluwe is a forest-rich area in the province of Gelderland. It's the largest natural landscape in Europe.

2. The

Efteling

Opened in 1952, the Efteling is the largest theme park in the Netherlands. Visiting the Efteling is now the most popular day trip in the Netherlands. Efteling and Disney work closely together, and some of the attractions there were designed by Disney designers.

3. Volendam

Volendam is a small harbor town in the province of North Holland. It's a popular tourist attraction because old traditional clothing is still worn by some of the residents.

4. The Zaanse Schans

The Zaanse Schans is one of Holland's top tourist attractions, and can be found in the city of Zaandam. It's a small area where some of the old traditional houses and windmills can be found.

5. Madurodam

Madurodam is a miniature city that is located in The Hague. This famous Dutch tourist attraction was opened in 1952 and the then teenaged queen Beatrix was chosen as mayor. Now the mayor of this miniature city is elected by twenty-two young children from schools in the area.

LESSON NOTES

Culture Class: Essential Dutch Vocabulary #17 Types of Places to Live

CONTENTS

- 2 Dutch
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

17

DUTCH

1. What are the five common type of places to live?
2. 1. apartment
3. 2. villa
4. 3. rijtjeshuis
5. 4. caravan
6. 5. grachtenpand

ENGLISH

1. What are the five common type of places to live?
2. 1. apartment, flat
3. 2. villa
4. 3. terraced house
5. 4. travel trailer
6. 5. canal house

VOCABULARY

Dutch	English	Class	Gender
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villa	villa	noun	
rijtjeshuis	terraced house	noun	
caravan	travel trailer	noun	
grachtenpand	canal house	noun	
appartement	apartment, flat	noun	neuter

SAMPLE SENTENCES

<p>In het Van Stolkpark in Den Haag kun je één van de oudste villa's van Nederland vinden.</p> <p>"In the Van Stolkpark in The Hague you can find one of the oldest villas in the Netherlands."</p>	<p>Rijtjeshuizen in Nederland zijn identiek aan elkaar.</p> <p>"Terraced houses in the Netherlands in a row are identical to each other."</p>
<p>Nederlanders hebben een speciaal rijbewijs nodig als ze een auto met caravan willen besturen.</p> <p>"Dutch people need to have a special driver's license if they want to drive a car that tows a caravan."</p>	<p>Grachtenpanden hadden meestal een kelder en een zolder waar handelswaar werd opgeslagen.</p> <p>"Canal houses usually had a basement and an attic where trade goods could be stored."</p>
<p>Appartementencomplex de Gouden Leeuw in Amsterdam is het grootste in Nederland en telt 400 appartementen.</p> <p>"The apartment complex Golden Lion in Amsterdam is the biggest in the Netherlands, and holds 400 apartments."</p>	<p>Ik woon in een appartement in de stad.</p> <p>"I live in an apartment in the city."</p>

CULTURAL INSIGHT

1. Apartment, flat

An apartment is a residence in a bigger building—for example, a flat. The first flat to have been built in the Netherlands was the Nirwanaflat in The Hague. It was built in 1920.

2. Villa

A villa is a luxurious stand-alone home. During the 18th century the word "landhouse" was more common, but at the end of the 19th century this changed to "villa."

3. Terraced house

A terraced house is a row of four or more houses that share side walls. Usually terraced houses in the Netherlands have a front and a back yard.

4. Travel trailer

A caravan is towed behind a road vehicle so it can be brought to various destinations, usually camping sites.

5. Canal house

A canal house is a (usually old) house overseeing a canal. Because of the danger of flooding, the front door is sometimes higher up.

LESSON NOTES

Culture Class: Essential Dutch Vocabulary #18 Common Things in the Home

CONTENTS

- 2 Dutch
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

18

DUTCH

1. What are the five common things in the home?
2. 1. centrale verwarming
3. 2. koffiezetapparaat
4. 3. fruitschaal
5. 4. open haard
6. 5. kaasschaaf

ENGLISH

1. What are the five common things in the home?
2. 1. central heating
3. 2. coffeemaker
4. 3. fruitbowl
5. 4. fireplace
6. 5. cheese slicer

VOCABULARY

Dutch	English	Class
-------	---------	-------

centrale verwarming	central heating	noun
koffiezetapparaat	coffee maker	noun
fruitschaal	fruitbowl	noun
open haard	fireplace	noun
kaasschaaf	cheese slicer	noun

SAMPLE SENTENCES

<p>Het gebruik van een centrale verwarming in je huis verkleint de kans op koolstofmonoxidevergiftiging.</p> <p>"The use of a central heating system in your house reduces the chances of carbon monoxide poisoning."</p>	<p>Het koffiezetapparaat met papieren filter is het meest populaire koffiezetapparaat om koffie mee te zetten.</p> <p>"The drip coffee maker is the most popular machine to make coffee with."</p>
<p>Fruitschalen zijn ook erg populair in ziekenhuizen.</p> <p>"Fruit bowls are also very popular in hospitals."</p>	<p>De open haarden die je vandaag de dag in Nederlandse huizen ziet, werken voornamelijk op gas en elektriciteit.</p> <p>"The fireplaces you will see in Dutch houses these days work mostly on electric or gas."</p>

De kaasschaaf werd uitgevonden door een Noor in 1925.

"The cheese slicer was invented by a Norwegian in 1925."

CULTURAL INSIGHT

1. Central heating

Autumn and winter can be very cold in the Netherlands, so after World War II, most newly-built houses were equipped with a central heating system. The most common central heating system in the Netherlands is a type that uses water-circulation.

2. Coffeemaker

On average, a Dutch person drinks 10 kilos of coffee a year. Therefore a coffee maker is found in every house. When Dutch people visit each other's houses, it's quite normal to ask if the visiting guest would like a nice cup of coffee.

3. Fruitbowl

A fruitbowl is found on all tables in the living rooms or kitchens of Dutch people. Steel, glass, tin or just a simple basket is used as material. Apples, bananas and oranges are the usual fruits found in them.

4. Fireplace

In old houses the fireplace was the only heat source. The original fireplaces were then replaced by central heating systems, and so these days the fireplace is only there for decorative use.

5. Cheese slicer

Cheese is eaten every day in the Netherlands, and so this product is definitely a great help and one that can't be missed in any kitchen. They come in many shapes and colors and make a great souvenir for tourists.

LESSON NOTES

Culture Class: Essential Dutch Vocabulary #19 Medicines and Drugs

CONTENTS

- 2 Dutch
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

19

DUTCH

1. What are the five commonly used medicine and drugs?
2. 1. aspirine
3. 2. paracetamol
4. 3. ibuprofen
5. 4. strepsil
6. 5. fluimucil

ENGLISH

1. What are the five most commonly used medicines and drugs?
2. 1. Aspirin
3. 2. Paracetamol
4. 3. Ibuprofen
5. 4. Strepsil
6. 5. Fluimucil

VOCABULARY

Dutch	English	Class
--------------	----------------	--------------

aspirine	aspirin	noun
paracetamol	paracetamol	noun
ibuprofen	ibuprofen	noun
strepsil	strepsil	noun
fluimucil	fluimucil	noun

SAMPLE SENTENCES

<p>Aspirine wordt gebruikt als bloedverdunner bij mensen met artritis.</p> <p>"Aspirin is used as a blood thinner for people with arthritis."</p>	<p>Paracetamol werkt ook goed als je een verkoudheid hebt.</p> <p>"Paracetamol also works well when you have a cold."</p>
<p>Ibuprofen kun je bij de lokale supermarkt kopen en je hebt geen recept van de dokter nodig.</p> <p>"Ibuprofen can be bought at a local supermarket and does not need a doctor's prescription."</p>	<p>Strepsil is het meest verkochte product in de wereld bij een zere keel.</p> <p>"Strepsils are the largest-selling sore throat product in the world."</p>
<p>Fluimucil wordt over het algemeen gegeven aan jonge kinderen of peuters om de keel slijmvrij te maken.</p> <p>"Fluimucil is mostly given to young children or toddlers to clear the throat of phlegm."</p>	

CULTURAL INSIGHT

1. Aspirin

This is not as popular as paracetamol, but still works really well as a anti-inflammatory drug.

2. Paracetamol

This is the most popular painkiller in the Netherlands. Fever, headache or muscle pain are the main reasons to take a tablet of paracetamol.

3. Ibuprofen

This popular painkiller is used by Dutch people to help relieve pain. It is used when someone has a toothache, fever, or muscle pain.

4. Strepsils

Strepsils are cough drops that can be bought without a prescription. They help people with a blocked nose or sore throat.

5. Fluimucil

This typical Dutch product is very popular for helping when phlegm makes coughing difficult, such as with bronchitis or asthma. It's sold as a powder over the counter.

LESSON NOTES

Culture Class: Essential Dutch Vocabulary #20 Shops and services

CONTENTS

- 2 Dutch
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 4 Cultural Insight

20

DUTCH

1. What are the five most popular shops and services?
2. 1. bank
3. 2. supermarkt
4. 3. postkantoor
5. 4. tankstation
6. 5. gemeentehuis

ENGLISH

1. What are the five most popular shops and services?
2. 1. Bank
3. 2. Supermarket
4. 3. Post office
5. 4. Gas station
6. 5. City office

VOCABULARY

Dutch	English	Class	Gender
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tankstation	gas station	noun	
gemeentehuis	city office	noun	
bank	bank	noun	feminine
supermarkt	supermarket	noun	feminine
postkantoor	post office	noun	neuter

SAMPLE SENTENCES

<p>Tankstations van Shell zijn eigendom van Royal Dutch Shell, het grootste bedrijf in de wereld.</p> <p>"Shell gas stations are owned by Royal Dutch Shell, the biggest company in the world."</p>	<p>Op het gemeentehuis vind je ook een trouwzaal waar Nederlanders kunnen trouwen.</p> <p>"At the city office is also a wedding hall where Dutch people can get married."</p>
<p>Banken zijn maar 10 dagen per jaar dicht.</p> <p>"Banks are only closed 10 days a year."</p>	<p>De bank is op zondag niet open voor zaken.</p> <p>"The bank is not open for business on Sundays."</p>
<p>Albert Heijn is een Nederlandse supermarkt.</p> <p>"Albert Heijn is a Dutch supermarket."</p>	<p>Albert Heijn is de oudste en meest bekende supermarktketen in Nederland.</p> <p>"Albert Heijn is the oldest and most well-known supermarket chain in the Netherlands."</p>
<p>De huisvrouwen winkelen in de supermarkt.</p> <p>"The housewives are shopping at the supermarket."</p>	<p>De slogan van PostNL is, "morgen is vandaag".</p> <p>"The slogan of PostNL is "Tomorrow is Today"."</p>

Het postkantoor is open tot vijf (5) uur's middags.

"The post office is open until 5PM."

CULTURAL INSIGHT

1. Bank

Banks are important, and even small towns will have one. The bigger the city the more banks are available. Famous banks are ABN-AMRO bank and Rabobank. ATMs are widely available and are in use 24 hours a day.

2. Supermarket

There are more than fifty kinds of supermarket chain in the Netherlands and the bigger ones are usually open seven days a week. Dutch people do most of their shopping there and especially on Saturday, which is a holiday, it can get very busy at the local supermarket.

3. Post office

The national postal company in the Netherlands is PostNL. Most post offices are open from 9am to 6pm on weekdays, and on Saturdays from 9a.m. to 5p.m.

4. Gas station

Gas stations in the Netherlands are all self service, meaning that customers need to fill the tank themselves and then pay inside. Usually there will be a store as well where customers can buy food, drinks or other things like car supplies.

5. City office

If Dutch people need a new passport, to register a birth or to extend their driver's license, they will go to the city office.

LESSON NOTES

Culture Class: Essential Dutch Vocabulary #21 Chain Stores

CONTENTS

- 2 Dutch
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

#21

DUTCH

1. What are the five most popular chain stores?
2. 1. McDonald's
3. 2. Jamin
4. 3. Free Record Shop
5. 4. Scapino
6. 5. FEBO

ENGLISH

1. What are the five most popular chain stores?
2. 1. McDonald's, a fast-food restaurant
3. 2. Jamin, a chain of candy stores
4. 3. Free Record Shop, an entertainment store
5. 4. Scapino, a discount shoe and clothing store
6. 5. FEBO, a chain of fast-food snackbars

VOCABULARY

Dutch	English	Class
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McDonald's	McDonald's, the fast food restaurant	noun
Jamin	Jamin, a chain of candy stores	noun
Free Record Shop	Free Record Shop, an entertainment store	noun
Scapino	Scapino, a discount shoe and clothing store	noun
FEBO	FEBO, a chain of fast-food snack bars	noun

SAMPLE SENTENCES

<p>De McKroket wordt alleen verkocht in McDonalds restaurants in Nederland en op Curaçao.</p> <p>"The McKroket is only sold in McDonalds restaurants in the Netherlands and on Curaçao."</p>	<p>Een twizzl is een origineel ijsje van Jamin dat gemaakt wordt van softijs en fruit.</p> <p>"A twizzl is an original icecream from Jamin which is made from soft serve icecream and fruits."</p>
<p>Free Record Shop is ook eigenaar van de megawinkel Fame in Amsterdam.</p> <p>"Free Record Shop also owns an Amsterdam-based flagship megastore called FAME."</p>	<p>Scapino was oorspronkelijk een kleine traditionele schoenenwinkel in de provincie Drenthe.</p> <p>"Scapino was originally a small traditional shoe store in the province of Drenthe."</p>
<p>FEBO staat voor Ferdinand Bolstraat, de straat waar de oprichter van FEBO als bakker heeft gewerkt.</p> <p>"FEBO stands for Ferdinand Bolstraat, the street where the founder of FEBO worked as a baker."</p>	

CULTURAL INSIGHT

1. McDonald's

This popular fast food chain can of course also be found in the Netherlands. The first McDonald's opened its doors in 1971, and these days there are around 230 McDonald's in the Netherlands.

2. Jamin

Jamin is chain of candy stores. Dutch people love to go shopping there and try new kinds of sweets and chocolates at one of 600 stores across the Netherlands.

3. Free Record Shop

This Dutch franchise has 250 stores and sells CDs, DVDs, and video games. It also has stores in Belgium and Luxemburg.

4. Scapino

Dutch people often buy shoes at this discount store. Scapino has two hundred stores, and beside a large assortment of shoes they also sell other clothes and sportswear.

5. FEBO

FEBO is a popular chain of fast-food snack bars. It's well known for its coin operated machines with a row of little windows with small warm snacks behind each one. There's also a counter available to buy fries, beverages, hamburgers or other snacks that they offer.

LESSON NOTES

Culture Class: Essential Dutch Vocabulary #22 Modes of Transportation

CONTENTS

- 2 Dutch
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 4 Cultural Insight

22

DUTCH

1. What are the five frequently used modes of transportation?
2. 1. fiets
3. 2. auto
4. 3. scooter
5. 4. bus
6. 5. tram

ENGLISH

1. What are the five frequently used modes of transportation?
2. 1. Bicycle
3. 2. Car
4. 3. Scooter
5. 4. Bus
6. 5. Tram

VOCABULARY

Dutch	English	Class	Gender
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fiets	bicycle	noun	feminine
auto	car	noun	masculine
scooter	scooter	noun	masculine
bus	bus	noun	masculine
tram	tram	noun	common

SAMPLE SENTENCES

<p>In Nederland zijn meer fietsen dan Nederlanders.</p> <p>"In the Netherlands there are more bicycles than Dutch people."</p>	<p>Je hoeft tijdens het fietsen geen helm te dragen.</p> <p>"You don't have to wear a helmet if you ride a bicycle."</p>
<p>Er zijn meer dan 2 miljoen fietsen in Amsterdam.</p> <p>"In Amsterdam there are more than two million bicycles."</p>	<p>Mijn auto heeft een lekken band.</p> <p>"My car has a flat tire."</p>
<p>De meest verkochte automerken in Nederland zijn Peugeot en Volkswagen.</p> <p>"The best selling car brands in the Netherlands are Peugeot and Volkswagen."</p>	<p>Ik heb een Franse auto.</p> <p>"I have a French car."</p>
<p>Een helm is verplicht als je op een scooter wilt rijden.</p> <p>"A helmet is required to ride a scooter."</p>	<p>Die scooter gaat hard.</p> <p>"That scooter goes fast!"</p>

<p>Sommige Nederlandse steden experimenteren met gratis busvervoer.</p> <p>"Some Dutch cities are experimenting with free public transport by bus."</p>	<p>Ga je met de bus?</p> <p>"Are you going by bus?"</p>
<p>Amsterdam, Den Haag en Rotterdam zijn de enige steden die nog een tram hebben.</p> <p>"Amsterdam, The Hague and Rotterdam are the only cities that have trams."</p>	<p>Ga met de tram!</p> <p>"Go by tram!"</p>

CULTURAL INSIGHT

1. Bicycle

In the bigger cities, like for example the capital Amsterdam, many roads are closed for cars, or are just one-way streets, so it's more convenient to ride a bicycle. These days gasoline is expensive and parking fees are high, so the fastest and cheapest way to move around a big city is by bike.

2. Car

The car is a very popular means of commuting to work. More than 8 million cars are driving around the Netherlands. The electric car is becoming more popular and numbers have doubled this year.

3. Scooter

Dutch teenagers love to ride the scooter to school or to a friend's house. You have to be at least sixteen years of age to ride a scooter. Since 1996 everybody who wants to ride a scooter needs to have a license unless they already have a driver's license.

4.

Bus

Elderly Dutch people who are not able to drive a bicycle or car use the bus frequently to move around. Students or people who don't own a car also can use this very relaxing way of transportation to bring them to their destination. The bus is also popular to take people to their holiday destination.

5. Tram

The tram is another great way to move around crowded cities. The original horse-drawn tram has now been replaced by the electric tram.

LESSON NOTES

Culture Class: Essential Dutch Vocabulary #23 Traditional Clothing

CONTENTS

- 2 Dutch
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

23

DUTCH

1. What are the five most popular traditional clothing?
2. 1. poffer
3. 2. schipperspet
4. 3. pofbroek
5. 4. kraplap
6. 5. klompen

ENGLISH

1. What are the five most popular traditional clothing?
2. 1. Poffer
3. 2. Fisherman's hat
4. 3. Plus four
5. 4. Kraplap
6. 5. Wooden shoes, clogs

VOCABULARY

Dutch	English	Class
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poffer	poffer	noun
schipperspet	fisherman's hat	noun
pofbroek	plus fours	noun
kraplap	kraplap	noun
klompen	wooden shoes, clogs	noun

SAMPLE SENTENCES

<p>De poffer kom je tegen op veel schilderijen van Van Gogh.</p> <p>"The poffer can be seen in many paintings by Van Gogh."</p>	<p>Op de voorkant van een schipperspet naaien de Nederlanders een logo van een anker.</p> <p>"Dutch people will stitch a logo of an anchor on the front of the fisherman's hat."</p>
<p>Het bekende stripfiguur Kuifje is een trotse drager van de pofbroek.</p> <p>"The famous cartoon character Tintin is a proud wearer of the plus fours."</p>	<p>De kraplap is versierd met kleine geborduurde bloemen, meestal rozen.</p> <p>"The kraplap is decorated with small stitched flowers, usually roses."</p>
<p>Klompen zijn een populair nederlands souvenir.</p> <p>"Wooden shoes are the most popular souvenir from the Netherlands."</p>	<p>Klompen zijn een populair souvenir.</p> <p>"Wooden shoes are a popular souvenir."</p>

CULTURAL INSIGHT

1. Poffer

This big white cap was part of the traditional fashion in the province of Brabant, popular from

1870 to 1940. It was worn by women on Sunday to church or during special occasions. These days you can only see the poffer at traditional folk events or in a museum.

2. Fisherman's hat

The fisherman's hat is still worn these days by Dutch sailors or those who work on ferries. It is traditionally made from blue wool and has a decorative ribbon around it.

3. Plus four

The *potbroek* is a kind of knickerbocker that is a bit longer than the classic style of knickerbocker. It was mainly worn by men and became fashionable during the late 1860s. It was associated with men who played golf.

4. Kraplap

The kraplap is a type of double bib, similar to the overcollar found in some German costumes. The kraplap is found in many Dutch costumes, and is often decorated.

5. Wooden shoes, clogs

Wooden shoes are a type of footwear made in part or completely from wood. During the Middle Ages they were worn by many people in different parts of Europe. These days in small traditional fishing towns you can still see some people wearing wooden shoes.

LESSON NOTES

Culture Class: Essential Dutch Vocabulary #24 Historical Figures

CONTENTS

- 2 Dutch
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

24

DUTCH

1. Who are the five most popular historical figures?
2. 1. Abel Janszoon Tasman
3. 2. Vincent Willem van Gogh
4. 3. Piet Pieterszoon Hein
5. 4. Antonie Philips van Leeuwenhoek
6. 5. Rembrandt Harmenszoon van Rijn

ENGLISH

1. Who are the five most popular historical figures?
2. 1. Abel Janszoon Tasman, a seafarer, explorer and merchant
3. 2. Vincent Willem van Gogh, a post-Impressionist painter
4. 3. Piet Pieterszoon Hein, a naval officer and folk hero
5. 4. Antonie Philips van Leeuwenhoek, a tradesman and scientist
6. 5. Rembrandt Harmenszoon van Rijn, a painter and etcher

VOCABULARY

Dutch	English	Class
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Abel Janszoon Tasman	Abel Janszoon Tasman	noun
Vincent Willem van Gogh	Vincent Willem van Gogh	noun
Piet Pieterszoon Hein	Piet Pieterszoon Hein	noun
Antonie Philips van Leeuwenhoek	Antonie Philips van Leeuwenhoek	noun
Rembrandt Harmenszoon van Rijn	Rembrandt Harmenszoon van Rijn	noun

SAMPLE SENTENCES

<p>Op 24 november 1642 ontdekte Abel Tasman een eiland dat nu beter bekend is als Tasmanie.</p> <p>"On November 24th, 1642, Abel Tasman discovered an island which is now known as Tasmania."</p>	<p>De 'zonnebloemen' van Van Gogh is veruit het meest beroemde schilderij van de 2100 kunstwerken die hij heeft gemaakt.</p> <p>"The Sunflowers by Van Gogh is by far the most famous painting of the 2,100 artworks that he has produced."</p>
<p>Een kinderversje dat admiraal Hein eert , wordt nog steeds door Nederlandse basisschoolkinderen gezongen.</p> <p>"A song praising Admiral Hein is still sung by children at primary school in the Netherlands."</p>	<p>Antonie van Leeuwenhoek is vooral bekend vanwege het verbeteren van de microscoop.</p> <p>"Antonie van Leeuwenhoek is best known for his work on the improvement of the microscope."</p>

De Nachtwacht werd in 1642 gemaakt en is het meest bekende werk van de Nederlandse schilder Rembrandt van Rijn en tevens een van de meest beroemde schilderijen ter wereld.

"The Night Watch, painted in 1642, is the most famous work by Dutch painter Rembrandt van Rijn and one the most famous paintings in the world."

1. Abel Janszoon Tasman

Abel Tasman lived in the 17th century and was a Dutch seafarer, explorer and merchant. He made a lot of voyages between 1642 and 1644 in the service of the United East India Company.

2. Vincent Willem van Gogh

Vincent van Gogh was a Dutch post-Impressionist painter who was born in 1853 and died at age 37 from a gunshot wound. His work included landscapes, self portraits, still lifes of flowers, and paintings of cypresses, wheat fields and sunflowers.

3. Piet Pieterszoon Hein

Piet Hein was a Dutch naval officer and folk hero during the Eighty Years' War. He became vice-admiral of the new Dutch West India Company in 1623. He is most known for his capture of a Spanish treasure fleet loaded with silver from their American colonies.

4. Antonie Philips van Leeuwenhoek

Antonie van Leeuwenhoek was a Dutch scientist and tradesman from Delft in the Netherlands during the 17th century. He is considered to be the first microbiologist and is known as the "the Father of Microbiology". He was the first to observe and describe single-celled organisms.

5. Rembrandt Harmenszoon van Rijn

Rembrandt was a Dutch painter and etcher. He is considered one of the greatest painters in European art history and the most important in Dutch history.

LESSON NOTES

Culture Class: Essential Dutch Vocabulary #25 Artists and Musicians

CONTENTS

- 2 Dutch
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

25

DUTCH

1. Who are the five most popular artists and musicians?
2. 1. Alain Clark
3. 2. Within Temptation
4. 3. Marco Borsato
5. 4. Junkie XL
6. 5. Armin van Buuren

ENGLISH

1. Who are the five most popular artists and musicians?
2. 1. Alain Clark, a musician and producer
3. 2. Within Temptation, a symphonic metal band
4. 3. Marco Borsato, a popular singer
5. 4. Junkie XL, a musician known for his remixes
6. 5. Armin van Buuren, a trance music DJ

VOCABULARY

Dutch	English	Class
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Alain Clark	Alain Clark	noun
Within Temptation	Within Temptation	noun
Marco Borsato	Marco Borsato	noun
Junkie XL	Junkie XL	noun
Armin van Buuren	Armin van Buuren	noun

SAMPLE SENTENCES

<p>Alain Clark won de gerespecteerde Edison Muziekprijs in 2009.</p> <p>"Alain Clark won the highly respected Edison Music Award in 2009."</p>	<p>Within Temptation won een prijs voor Beste Muziekvideo 2011 tijdens het Nederlands Film Festival.</p> <p>"Within Temptation won the award for Best Music Video in 2011 at the Netherlands Film Festival."</p>
<p>Borsato ontving de onderscheiding Officier in de Orde van Oranje-Nassau.</p> <p>"Borsato received the honor of Officer of the Order of Orange-Nassau."</p>	<p>Junkie XI zijn echte naam is Tom Holkenborg.</p> <p>"Junkie XL's real name is Tom Holkenborg."</p>
<p>Armin van Buuren werd door het bekende britse blad DJ Mag vier keer op rij verkozen tot nummer 1 DJ.</p> <p>"Armin van Buuren was ranked number 1 DJ for four times in a row by the famous British magazine DJ Mag."</p>	

CULTURAL INSIGHT

1. Alain Clark

Alain Clark was born in Haarlem, the Netherlands in 1979, and is a Dutch musician and producer. He lived in the United States for three years to work on his songwriting skills. His first album was released in 2004 and won the Silver Harp award.

2. Within Temptation

This famous Dutch symphonic metal band was founded in 1996 by Sharon van Adel and guitarist Robert Westerholt. In 2001 they became known to the general public with the single "Ice Queen" from the album *Mother Earth*, which reached No. 2 on the Dutch charts.

3. Marco Borsato

Marco Borsato is a popular Dutch singer. He was born in the Netherlands but lived for a few years with his family in Italy. He speaks fluent Italian and he started his career with singing songs in Italian. Many of his songs are actually Dutch covers or adaptations of Italian songs.

4. Junkie XL

Junkie XL is a Dutch musician who is living in the United States and is well known for his remixes from tracks by Coldplay, Britney Spears, Avril Lavigne and many more. He also produces many tracks for videogames, such as *Need for Speed*, *Gran Turismo* and *SSX*.

5. Armin van Buuren

Armin van Buuren is a Dutch DJ and producer of mostly trance music. His radio show State of Trance is broadcast in many countries.



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