

Instrucciones: a) Duración: 1 h.30m. b) No se permite el uso de diccionario. c) La puntuación de las preguntas está indicada en las mismas. d) Los alumnos deberán realizar completa una de las dos opciones A o B, sin poder mezclar las respuestas.

OPTION B: WHAT SCIENCE SAYS ABOUT SNACKING AND BREAKFAST

- 1 The best way to keep a healthy heart is cutting back on salt, high fat foods, bread and pasta, and eating more
- 2 fruits and vegetables. However, eating well isn't just about what you eat, but about when you eat. So, experts from
- 3 the American Heart Association say that paying attention to how often you eat, and at what time of the day you do it,
- 4 can help to lower the risk of heart attacks and stroke.
- 5 According to some studies, breakfast-eaters tend to have lower rates of heart disease, and are also less likely to
- 6 have high cholesterol, and high blood pressure. They also tend to have more normal blood sugar levels and sugar
- 7 metabolism, meaning they are at lower risk of diabetes than those who don't eat breakfast.
- 8 Nevertheless, the data isn't so clear on the benefits of eating more frequently during the day. Even if the total
- 9 number of calories is kept constant, it is not absolutely certain that it will lower the risk of heart disease and obesity.
- 10 Finally, there's growing evidence that the body's metabolism isn't the same during the day, when the body is
- 11 active, as during the evening, when it's preparing to shut down. Experts say that the body and all of the organs have
- 12 clocks. There is a timing that provides all the nutrients that organs need. Furthermore, enzymes and other agents
- 13 that process food work better earlier in the day than at night.
- 14 So, while more research is certainly needed to better understand how the timing and frequency of meals affect
- 15 your health, it wouldn't hurt to keep eating breakfast and try to space your meals along the day.

I * COMPREHENSION (4 points)

CHOOSE AND WRITE THE CORRECT OPTION (A, B, C or D). (0.5 points each)

1. **According to some experts, it's not proved that we can lower the risk of heart problems by...**
 - (a) eating plenty of fruit and vegetables.
 - (b) eating more often.
 - (c) reducing the ingestion of carbohydrates.
 - (d) eating less fatty food.
2. **Which of the following statements is false? Breakfast-eaters tend to...**
 - (a) avoid diabetes.
 - (b) suffer fewer heart attacks.
 - (c) help their metabolism.
 - (d) have poorer health.

ARE THESE STATEMENTS TRUE OR FALSE? JUSTIFY YOUR ANSWERS WITH THE PRECISE WORDS OR PHRASES FROM THE TEXT, OR USE YOUR OWN WORDS. (0.5 points each)

3. **In order to eat healthily we only need to focus on what we eat.**
4. **It is easier to balance our blood sugar if we usually have breakfast.**
5. **Our body is designed to get ready to rest in the evenings.**
6. **Our enzymes work better at night.**
7. **FIND IN THE TEXT:** (0.5 points)
 - 7.1. ONE SYNONYM FOR "reduce" (verb).
 - 7.2. ONE SYNONYM FOR "increasing" (adjective).
8. **FIND IN THE TEXT:** (0.5 points)
 - 8.1. ONE WORD MEANING "a condition characterized by the excessive accumulation and storage of fat in the body."
 - 8.2. ONE WORD MEANING "a detailed study of a subject in order to find relevant information."

II * USE OF ENGLISH (3 points; 0.5 points each)

9. **FILL IN THE GAPS WITH A CORRECT FORM OF THE VERB IN BRACKETS:**

- 9.1. "I always avoid... (phone) people after 10 pm."
- 9.2. "It's hard for me... (stop) snacking."

10. **FILL IN THE GAPS WITH THE CORRECT WORD:**

- 10.1. "They went... (preposition) holiday to the mountains."
- 10.2. "She goes to the gym... (preposition) the morning."

11. **REWRITE THE SENTENCE CORRECTLY WITHOUT CHANGING ITS MEANING: "He couldn't to drive, so he went to Paris on train."**

12. **COMPLETE THE FOLLOWING CONDITIONAL SENTENCE: "If I were you,..."**

13. **TURN THE FOLLOWING SENTENCE INTO THE PASSIVE VOICE: "Did anyone deliver the letter yesterday?"**

14. **REWRITE THE FOLLOWING SENTENCE WITHOUT CHANGING ITS MEANING. BEGIN AS INDICATED. "Although it was raining, we went out." Despite...**

III * WRITING (3 points)

15. **WRITE A COMPOSITION OF APPROXIMATELY 120 WORDS ABOUT THE TOPIC PROPOSED AND FOCUS STRICTLY ON IT:**

What can you do to keep healthy and/or fit?