



PUNTUACIÓN QUE SE OTORGARÁ A ESTE EJERCICIO: (véanse las distintas partes del examen)

El ejercicio presenta dos opciones, A y B. El alumno deberá elegir y desarrollar una de ellas, sin mezclar contenidos.

OPCIÓN A

Obesity: The killer combination of salt, fat and sugar

Our favourite foods are making us fat, yet we can't resist, because eating them is changing our minds as well as bodies. For thousands of years, human body weight had stayed remarkably stable. With rare exceptions our weight neither rose nor fell. Then, in the 80s, something changed. Three decades ago, fewer than one Briton in 10 was obese. One in four is today. It is projected that by 2050, Britain could be a "mainly obese society". Similar changes were taking place in the US, where researchers found that not only were Americans entering their adult years at a significantly higher weight but, while on average everyone was getting heavier, the heaviest people were gaining disproportionately more weight than others.

Overeating is not the sole province of those who are overweight. Even people who remain slim often feel troubled by their need for food. Yet many, including doctors and healthcare professionals, still think that weight gainers merely lack willpower, or perhaps self-esteem. The fact that sugar, fat and salt make food compelling cannot, however, be ignored. They stimulate neurons, cells that release dopamine, a chemical that motivates our behaviour and makes us want to eat more. It is not just that fast food chains serve food with more fat, sugar and salt, or that intensive processing virtually eliminates our need to chew before swallowing, or that snacks are now available at any time. It is the combination of all that, and more.

1. Add True or False, quoting the relevant information from the text to justify your answer. (3 points)

- a) Half the population in Britain have been overweight since the early 20th century.
- b) Insufficient willpower is often connected to overeating, not only by the general public but also by healthcare professionals.
- c) The design of foods which hardly need chewing is a significant factor in our need to overeat.

2. Answer the following questions according to the information given in the text. Use your own words. (2 points)

- a) In what way has the pattern of human body weight changed in the UK and in the USA?
- b) Is self-esteem considered a determining factor in gaining weight?

3. Complete the following sentences. The meaning should be the same as that of the sentence above. (2 points)

- a) "Americans are entering their adult years at a significantly higher weight", researchers reported. Researchers reported that (...).
- b) I have eaten a bowl of M&Ms. Now I feel unhappy and weigh more. If I (...).
- c) In the past, Americans typically chewed food up to 25 times before they swallowed it; now the average American chews 10 times. Whereas (...).
- d) At present restaurants do not list calorie counts on their menus. I wish (...).

4. Write a composition with the following title (80-120 words): (3 points)

In what way can consumers change their eating habits?

OPCIÓN B

The first Olympic Games

The Olympic Games were a series of athletic competitions held for representatives of various city-states of Ancient Greece. They began in 776 BC in Olympia in Greece. They were celebrated until 393 AD when they were suppressed by Theodosius I as part of the campaign to impose Christianity as a state religion. The Games were usually held every four years. During a celebration of the Games, an Olympic Peace was made so that athletes could travel from their countries to the Games in safety. Some archaeologists argue, however, that the wars were not halted, but that the athletes who were in the army were allowed to leave and participate in the Olympics.

Politicians would announce political alliances at the Games, and in times of war, priests would offer sacrifices to the gods for victory. The Games were also used to help spread Hellenistic culture throughout the Mediterranean.

The ancient Olympics were rather different from the modern Games. There were fewer events, and only free young men who spoke Greek could compete. Athletes from any country or city-state were allowed to participate. The Games were always held at Olympia rather than alternating with different locations as is the tradition with the modern Olympic Games. At first, the Olympic Games lasted only one day, but eventually grew to five days. Participation in the classical games was limited to male athletes, although women entering horses in the equestrian events were allowed to take part.

1. Add True or False, quoting the relevant information from the text to justify your answer. (3 points)

- a) The Olympic Games were originally celebrated once a year until 393 BC.
- b) The Games were used for several purposes, apart from the sports competition.
- c) Any Greek citizen was allowed to participate.

2. Answer the following questions according to the information given in the text. Use your own words. (2 points)

- a) How many cities hosted the Games in ancient Greece?
- b) In what way were the ancient Olympics different from contemporary games? Give two examples.

3. Complete the following sentences. The meaning should be the same as that of the sentence above. (2 points)

- a) It's a pity they didn't permit women athletes to compete. I wish (...).
- b) During the Games sculptors created statues of Olympic victors and displayed their works of art. (...) used to (...).
- c) The organizers awarded the winner of an Olympic event an olive branch. The winner (...).
- d) 'I have read that single women were allowed to watch the races', he said to me. He said (...).

4. Write a composition with the following title: (80-120 words) (3 points)

Try to convince a friend to join you in a sports activity, giving your reasons.



Cada uno de los ejercicios tendrá una duración de hora y media y se calificará de 0 a 10 con dos cifras decimales.

Cuestión 1 (hasta 3 puntos).

Se otorgará un punto a cada frase, siempre que tanto la denotación de Verdadero o Falso como su justificación sean correctas. En el caso de que la justificación sea excesiva, se podrá otorgar medio punto por frase. No puntuarán aquellas respuestas en las que la denotación de Verdadero o Falso no vaya acompañada de su correspondiente justificación o ésta sea incorrecta.

Cuestión 2 (hasta 2 puntos).

Se otorgará un punto a cada una de las respuestas, valorando en igual medida la comprensión (0,5 puntos) y la corrección lingüística (0,5 puntos). Esta cuestión trata de evaluar no sólo la comprensión sino la capacidad de comunicar información deducida de la lectura. Se intentará evitar, por tanto, la reproducción literal de expresiones del texto.

Cuestión 3 (hasta 2 puntos).

Se concederá 0,5 puntos a cada frase completada correctamente. Se valorará la adecuación semántica (0,25 puntos) y la corrección de la estructura morfosintáctica (0,25 puntos) más que los detalles de ortografía.

Cuestión 4 (hasta 3 puntos).

Un criterio excluyente a la hora de puntuar en este apartado será la falta de adecuación al tema propuesto o la reproducción literal y continuada de fragmentos del texto inicial. La redacción se corregirá atendiendo a un conjunto de aspectos y no sólo a la corrección gramatical y ortográfica. Así deberá tenerse en cuenta: el dominio del léxico, la organización de ideas, la coherencia, la creatividad, la capacidad para transmitir un mensaje, etc. La puntuación se distribuirá del siguiente modo:

- 1 punto por la corrección morfosintáctica.
- 1 punto por la utilización adecuada del léxico, riqueza del mismo y creatividad.
- 1 punto por la organización y presentación de ideas, la coherencia en la exposición y la capacidad de comunicar.

Se valorará el buen uso de la lengua y la adecuada notación científica, que los correctores podrán bonificar con un máximo de un punto. Por los errores ortográficos, la falta de limpieza en la presentación y la redacción defectuosa podrá bajarse la calificación hasta un punto.