



## INGLÉS II

Se deberá escoger la Opción A completa o la Opción B completa. TODAS las preguntas deberán responderse en el pliego de respuestas, NO en esta hoja.

### OPCIÓN A

#### Fast food

As the world progresses people do not have time for anything. More and more people are now turning to fast food and ready-made meals, as they no longer have time in the day to sit down and cook a meal. Compared to homemade food, fast food is cheap, easy to prepare and can be consumed very quickly. We eat it on our way to work or in our leisure time while we watch our favourite film on TV. Fast food is popular because it is tasty, has a long shelf-life and may not require refrigeration. The popularity of fast food is also related to the ways in which it is advertised and the marketing strategies fast food companies like Subway or McDonald's follow to promote it. Many of these companies offer loyalty programmes based on the frequency you buy it: after a number of visits you are given a gift –for instance, getting a free meal–.

Fast food does not have to be unhealthy –there is no problem with eating fast food occasionally, let's say once a week–, but most of the time it is. There are an infinite number of reasons why fast food is dangerous for human health and should not be consumed. It contains sugar in high quantity, trans fat, salt and numerous food additives and lack healthy nutrients that our body requires, such as proteins, vitamins and fibre. It ruins your digestive system and it is the leading cause for various life-threatening diseases like high blood pressure, type 2 diabetes, obesity and even cancer.

All this calls for some serious changes in government policies and food production, so that healthy lifestyle changes could be encouraged and the amounts of saturated fat and salts that the world consumes could be significantly reduced. It is useless to hope that anything would change unless we as individuals understand the severity of the situation. It is time for us to take control of our lives, it is our responsibility to protect our lives and fast food is certainly not giving us life.

#### • QUESTIONS. Do not copy literally from the text. (1 punto por respuesta = 4 puntos)

1. What is the connection between fast food and modern lifestyle?
2. Why is fast food so popular?
3. Give reasons for avoiding fast food in your diet.
4. What measures are suggested in the text to win the battle against fast food?

#### • EXERCISES

5. Fill in the gaps with the correct, most appropriate word in each case. (0,25 por acierto = 1 punto)

Busy agendas often reduce the (A) \_\_\_\_\_ of time people have to (B) \_\_\_\_\_ healthy, nutritious meals, so they opt for faster, easier options. Whole foods (C) \_\_\_\_\_ as vegetables and meat take time, while fast food hamburgers are usually served (D) \_\_\_\_\_ minutes of ordering.

6. Rephrase the following sentences so that their meaning is as similar to the original as possible. (0,25 por acierto = 1 punto)

- A) I first met Dan in 1990 and we are still good friends.  
Dan and I have...
- B) The weather was so lovely that we went out for the day.  
It was such...
- C) I am sure he didn't say that.  
He can't...
- D) He expects us to pay him for the CDs.  
He expects to...

7. Write a composition about the following topic (100-120 words). (4 puntos)

What is the presence of fast food in your diet and in your life?



## OPCIÓN B

### Social media

In modern life social media is especially popular among the young. Many young people cannot control themselves and are addicted to it. Addiction to social media use has many harmful effects, including poor study habits, living away from reality and bad health.

First, heavy use of social media makes the youth have bad grades in studies. Many students who used to be excellent pupils have become bad students. Every day, these students do come to class but ignore their teachers during lessons: they use their cellphones to surf Facebook, Instagram or chat with friends on Messenger. At home they don't do their homework simply because they are busy with social media. For example, Khanh, a young girl from Vietnam, used to be a hard-working student, so she would get A grades. However, everything has changed since social media became first priority for her. In classes now she continually posts selfies on Facebook and Instagram; at home she does not study or do assignments. As a result, in the mid-term and final exams she only got C and D grades.

Secondly, young people who are addicted to social media can live far away from reality. They do not have time for outdoor activities such as playing sports or camping. Instead of going out to meet friends or talking to their parents, these people love chatting with friends on social media. They just stay at home gradually living in a virtual world. Amanda, a teenager in America, is a clear example. When her mother bought her a cellphone for her 18<sup>th</sup> birthday, she was immediately exposed to the risks of social networks. She did not go swimming with her friends during weekends and she rarely communicated with her parents.

Using social media too much has a serious impact on health as well. The tendency is for young people to stay up late reading news on Facebook or chatting with friends. Many young people who are addicted to, for example, Facebook usually bottle up strong feelings of envy for what they see posted there, which may precipitate stress, anxiety and, eventually, depression.

• **QUESTIONS. Do not copy literally from the text. (1 punto por respuesta = 4 puntos)**

1. How does social media affect the way a student behaves in class?
2. What effect does social media have on school grades?
3. Give examples that show that social media use keeps young people away from reality.
4. In what way is addiction to social media bad for young people's health?

• **EXERCISES**

5. Fill in the gaps with the correct, most appropriate word in each case. **(0,25 por acierto = 1 punto)**

The average person now (A) \_\_\_\_\_ more time each day on their phone and computer than they do sleeping. Social media has (B) \_\_\_\_\_ a prominent part of life for many young people today. Most people engage with social media without (C) \_\_\_\_\_ to think what the effects are (D) \_\_\_\_\_ our lives.

6. Rephrase the following sentences so that their meaning is as similar to the original as possible. **(0,25 por acierto = 1 punto)**

- A) Cats aren't so expensive to keep as dogs.  
Dogs...
- B) They say that Adele is giving a concert in town next summer.  
Adele is...
- C) He plays the guitar and he also writes songs.  
As well as...
- D) You will be ill if you continue to smoke.  
Unless...

7. Write a composition about the following topic (100-120 words). **(4 puntos)**

Should young people cut down on the use of social media? Give reasons