



OPCIÓN DE EXAMEN Nº 1

The benefits of a family meal

Better exam results, a healthier diet for life, a lower risk of obesity, these are some of the benefits of sharing a family meal. With these things in its favour it is surprising to find out that only one third of families in Europe regularly eat together. However 86 percent of parents say, "Eating together as a family on a regular basis is the best way to improve family life and children's behaviour".

Children learn social communication and manners from eating family meals. In addition, parents make more effort to cook better, healthier meals when they are eaten by the whole family. The foundation of any family relationship is good communication, but it is easy to lose this skill in the modern family.

Eating together allows parents to concentrate on their children, which means they may pick up things that they might not know. Eating family meals helps parents to work out problems and issues in their children's life.

Eating family meals helps children to learn about good behaviour, manners and healthy eating, and parents can have a better understanding of difficulties. The earlier parents make eating as a family into a habit, the easier it is to maintain. When children are used to sitting down together for meals, they do not question it as teenagers.

Adapted from *My Child* June 24st 2009.

Question 1: [2 POINTS] Indicate whether the following statements are true or false and write down which part of the text justifies your answer.

- a) Eating family meals reduces the chance of children becoming overweight.
- b) Family meals encourage parents to cook better.
- c) Eating family meals does not help parents to understand problems in their children's life.
- d) Regular family meals are difficult to keep up if parents do not make them a family routine.

Question 2: [2 POINTS] Answer the following questions in your own words.

- a) What do children learn from regular family meals?
- b) What do parents learn from regular family meals?

Question 3: [1,5 POINTS] Find words or phrases in the text that correspond to the words and definitions given.

- a) To discover (paragraph 1).
- b) Astonishing (paragraph 1).
- c) To focus (paragraph 3).

Question 4: [1,5 POINTS] Complete the following sentences without changing the meaning.

- a) The judge sentenced the criminal to three years in jail.
The criminal
- b) You'll fail your exam unless you study harder.
If you
- c) First he looked up the number and then he phoned.
Before

Question 5: [3 POINTS] Write a short essay (about 100 words) on the following topic:

– Do you think family meals are important? Why? / Why not? Give reasons.

OPCIÓN DE EXAMEN Nº 2

The importance of teamwork

The ability to work together with others as part of a team is a necessary skill, used in all areas of life not just at school. Teamwork is when people work cooperatively with each other to reach a shared objective. Teamwork is a highly social activity and involves much interaction and exchanging of ideas and actions. School is an excellent time to cultivate teamwork.

Working as part of a team will strengthen a child's social and emotional skills, help develop their communication skills and improve confidence.

At school children experience teamwork in many different forms. Children may be asked to work in pairs, small groups or larger groups on different things. Children often form their own team activities during their playtime.

It can be fantastic to be in a team, but if a child is left out of a team it is an upsetting experience. Parents should make sure this does not happen. Parents should also encourage their kids to work together. It could be playing a game or doing some housework or gardening. When children are helping or playing with friends, parents or grandparents, it is fun and educational for everyone.

Adapted from *My Child* May 25th 2009.

Question 1: [2 POINTS] Indicate whether the following statements are true or false and write down which part of the text justifies your answer.

- a) Teamwork is only needed at school.
- b) Working as part of a team will not modify a child's social abilities.
- c) Children never experience teamwork at school.
- d) Children never play in teams during their breaks.

Question 2: [2 POINTS] Answer the following questions in your own words.

- a) What does teamwork do to improve the abilities of children?
- b) What should parents do to encourage teamwork in their children?

Question 3: [1,5 POINTS] Find words or phrases in the text that correspond to the words and definitions given.

- a) To achieve (paragraph 1).
- b) Aim (paragraph 1).
- c) To exclude (paragraph 4).

Question 4: [1,5 POINTS] Complete the following sentences without changing the meaning.

- a) I avoided the accident because I stopped at the corner.
If I
- b) People say that the President has resigned.
The President
- c) "Don't forget your books, Ann, said the teacher".
The teacher

Question 5: [3 POINTS] Write a short essay (about 100 words) on the following topic:

- Do you think teamwork is important? Why? / Why not? Give reasons.