

CRITERIOS ESPECÍFICOS DE CORRECCIÓN

OPTION B: WHAT SCIENCE SAYS ABOUT SNACKING AND BREAKFAST **KEY**

- 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. *FALSE (line 2) "However, eating well isn't just about what you eat, but about when you eat."*

4. It is easier to balance our blood sugar if we usually have breakfast. *TRUE (lines 6-7) "They (breakfast-eaters) also tend to have more normal blood sugar levels and sugar metabolism."*

5. Our body is designed to get ready to rest in the evenings. *TRUE (lines 10-11) "The body's metabolism is not the same during the day, when the body is active, as during the evening, when it's preparing to shut down."*

6. Our enzymes work better at night. *FALSE (lines 12-13) "(There is a timing that provides all the nutrients that organs need.) Furthermore, enzymes and other agents that process food work better earlier in the day than at night."*

7. FIND IN THE TEXT: (0.5 points)

7.1. ONE SYNONYM FOR "reduce" (verb). *cut(ting) back on (line 1), lower (line 9)*

7.2. ONE SYNONYM FOR "increasing" (adjective). *growing (line 10)*

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." *obesity (line 9)*

8.2. ONE WORD MEANING "a detailed study of a subject in order to find relevant information." *research (line 14)*

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." *phoning* 9.2. "It's hard for me... (stop) snacking." *to stop*

10. FILL IN THE GAPS WITH THE CORRECT WORD:

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

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

12. COMPLETE THE FOLLOWING CONDITIONAL SENTENCE: "If I were you,..." *I would / could / might...*

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

14. REWRITE THE FOLLOWING SENTENCE WITHOUT CHANGING ITS MEANING. BEGIN AS INDICATED. "Although it was raining, we went out." *Despite... (it) being raining / the rain / the fact that it was raining, we went out.*

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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?