

# INGLÉS

## CERTIFICADO DE NIVEL BÁSICO

JUNIO 2016

# COMPRENSIÓN DE LECTURA

### INSTRUCCIONES PARA REALIZAR ESTA PRUEBA:

- Esta prueba consta de 3 tareas.
- Lea las instrucciones al principio de cada tarea y realícela según se indica.
- Las respuestas escritas a lápiz o en rojo no se calificarán.
- No escriba en los recuadros sombreados; son para la calificación de las tareas.
- No está permitido el uso del diccionario.

- ESCRIBA A CONTINUACIÓN LOS SIGUIENTES DATOS:

NOMBRE:

\_\_\_\_\_

APELLIDOS:

\_\_\_\_\_

DNI/Pasaporte:

\_\_\_\_\_

**PUNTUACIÓN:**

**/ 25**

**TASK 1 (5 x 2 marks = 10 marks)**

**Read the text and mark the statements 1–5 as true (T) or false (F). Justify your answers by indicating which lines in the text contain the information supporting your option. Item 0 is an example.**

**MARKS**

## **EXPERTS: MANY FEMALE ATHLETES AREN'T EATING ENOUGH**

- 1 There's good news and bad news—which do you want first? The good? Okay, here goes ... the number of females taking part in sports has gone up dramatically in the past few years. And since 1972, the number is close to a 550-percent increase in participation. [...].
- 5 The bad news, as reported by NPR, is that many of the women who are playing sports—specifically younger ones in their teens—aren't taking care of their bodies in terms of nutrition. Dehydration can lead to impaired mental prowess, and an overall lack of nutrition can prevent muscles from regenerating and lead to injury and other chronic health problems. The clinical term is “female athlete triad syndrome,” and may include
- 10 irregular menstrual cycles, low energy, and low bone density. You already know that low energy causes you to doze off in English class, but what happens when you have low bone density? Your bones break easier. And you may be more susceptible to osteoporosis later in life. In short, nothing good.
- 15 So how much should you eat per day? It depends on your fitness goals; however, a good benchmark is for teens who are athletes [...] to take in as many as 3,500 calories per day. Make your meals protein-centric [...] and lots of complex carbohydrates—brown rice, whole wheat bread; focus on consuming whole foods instead of bars and other synthetic, lab-created hybrids. Add plenty of fruits and veggies and stay away from processed foods and sugars and you'll be good to go.

0.	<i>There are good and bad news about female athletes.</i>	T	1-2	✓
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1.	The number of sportswomen has decreased by 550% since 1972.			
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2.	Women are very worried about their nutrition.			
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3.	Females suffering from " the triad syndrome" may feel less active.			
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4.	Female athletes should ingest proteins,carbohydrates and bars.			
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5.	Processed foods and sugars must be avoided in their diet.			
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**TASK 2 (4 x 1.25 marks = 5 marks)**

Match texts 1–4 with headings A–H in the grid on the next page. There are three extra headings that do not match any text. Item 0 is an example.

**MARKS**

**DIVIDING CHILDCARE AND HOUSE WORK DUTIES  
WITH YOUR PARTNER**

**TEXT 0**

*Everybody in the family benefits when parents work together to maintain home [...]. Children also benefit [...]: they see that men and women both are important to family life.*

**TEXT 1**

Keep a one-week log of everything you do around the house and for the family. Have your partner do the same. Then compare lists [...]. Don't be surprised if one person's list is very long and the other's isn't. With lists in hand, try reassigning responsibilities and finding compromises. [...]

**TEXT 2**

Dishwashers and washing machines saved time for early generations. For us, there's a whole new crop of gadgets and services that can free up our time to spend with family. [...]

**TEXT 3**

If you agree to work together, you can play together later. Try scenarios like this: "If you take the baby to the park Saturday morning, I'll spend that time paying the bills. Then we'll have the rest of the day free".

**TEXT 4**

If you think you can keep your house to pre-children standards, you're probably fighting a losing battle. Your house doesn't have to be spotless all week long. For lots of parents, stress levels go down when they give up trying to keep their house immaculate. [...]

## HEADINGS

A. Reward yourself.

B. Let go of perfection.

C. *Work together.*

D. Take advantage of technology.

E. List your baby's needs.

F. List your responsibilities.

G. Consider hiring help.

H. Anticipate and communicate.

ITEM	TEXT	HEADING	
[0]	0	C	✓
[6]	1		
[7]	2		
[8]	3		
[9]	4		

**TASK 3 (10 x 1 mark = 10 marks)**

**MARKS**

Read the text and use the grid on the next page to fill in the gaps 10–19 with a suitable word from the word bank provided. There are five extra words in this bank. You will only need one word for each gap. You cannot use the same word in two different gaps. Item 0 is an example.

**THE BEST RESORT FOR THE FAMILY**

Among all of the holiday resorts on the Costa del Sol, *Benalmádena* is one of the most complete, especially when it comes to \_\_\_[0]\_\_\_ for the perfect family holiday. The wide, sandy beaches are lined with attractive promenades and \_\_\_[10]\_\_\_ bars and restaurants offering all the services a tourist could need, without having to stay too far from their \_\_\_[11]\_\_\_. Holidaymakers can alternate their days on the beach with visits to numerous local attractions \_\_\_[12]\_\_\_ having to leave the municipal boundaries of Benalmádena. Sea Life and Selwo Marina \_\_\_[13]\_\_\_ to bring marine fauna closer to visitors while the *Mariposario* butterfly park offers an alternative [...] with some of nature's \_\_\_[14]\_\_\_ beautiful creatures. The ice rink in *Arroyo de la Miel* is a leisure option \_\_\_[15]\_\_\_ a rainy day, and the Costa del Sol's first theme park, Tivoli World, offers rides and amusements for all ages. [...]

*Benalmádena* \_\_\_[16]\_\_\_ has its own traditional white village that has kept its original charm while tourism has transformed the coastline over the years [...]. \_\_\_[17]\_\_\_ the top of the mountains there are demonstrations with birds of prey among other attractions. A series of \_\_\_[18]\_\_\_ allow the more active visitors to explore the area \_\_\_[19]\_\_\_ foot and even climb the mountain without the help of the *Teleférico* cable car. [...]

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ALSO	BY	HOTELS	ON
ALTHOUGH	FOOTPATHS	<b>INGREDIENTS</b>	WITH
AT	FOR	MORE	WITHOUT
BUSY	HELP	MOST	

<b>0.</b>	<b>INGREDIENTS</b>	✓						
<b>10.</b>			<b>11.</b>		<b>12.</b>		<b>13.</b>	
<b>14.</b>			<b>15.</b>		<b>16.</b>		<b>17.</b>	
<b>18.</b>			<b>19.</b>					