



Castilla-La Mancha
Consejería de Educación,
Cultura y Deportes

PRUEBAS ESPECÍFICAS DE
CERTIFICACIÓN DE NIVEL

INGLÉS / B1

COMPRENSIÓN DE TEXTOS ESCRITOS
SESIÓN EXTRAORDINARIA 2021

INSTRUCCIONES PARA LA REALIZACIÓN DE ESTA PARTE

- **DURACIÓN: 45 minutos.**
- **PUNTUACIÓN:** Será necesario superar todas y cada una de las cinco actividades de lengua de las que constan las pruebas de certificación con una puntuación mínima del 50% en cada una de ellas y una calificación global final igual o superior al 50%.
- Las respuestas erróneas no descontarán puntos.
- Esta parte consta de TRES tareas.
- Leer las instrucciones al principio de cada tarea y realizarla según se indica.
- Las respuestas escritas a lápiz no se calificarán.
- No está permitido el uso del diccionario.
- **NO ESCRIBIR NADA EN LAS ÁREAS GRISES.**

DATOS DEL CANDIDATO

APELLIDOS:		
NOMBRE:	DNI:	
COMISIÓN:	OFICIAL <input type="checkbox"/>	LIBRE <input type="checkbox"/>
CALIFICACIÓN:		

TASK 1

Read the text and choose the correct heading for each paragraph. There are THREE extra headings. Write your answers in the Answer Box. Paragraph (0) is an example. (1 item = 0.8).

HOW TO BE A TOURIST IN YOUR HOMETOWN

D. Choose staycation

0. Do you feel that you don't have enough money for a trip somewhere? You're not alone. Many people are choosing to spend their vacations at home or in their hometowns instead of traveling somewhere.

1. But staying close to home doesn't have to mean necessary boredom. You can spend more time feeling tranquil, less time behind the wheel, and keep some money in your pocket as well.

2. Why not become a hometown tourist and spend some time relaxing in and exploring your own backyard? By choosing a staycation over an expensive vacation, you'll save money and fall in love with your city all over again.

3. Surround yourself with passionate fans at a basketball, football, or any other type of sporting event, and get into the spirit of your city by experiencing it the way a tourist does.

4. If you live near a lake or a river, get your fishing license and enjoy a day of fishing, canoeing, or out on paddle boats! You may enjoy just finding a stream and dipping your feet in the water.

5. If you're near the mountains, no matter the season, there is always something to do, from hiking to skiing. You can even find a stream or a river to freshen after or during the hike.

6. If you're near the seashore, you can spend the day sunbathing, playing paddle ball, cooling off at a water park, or riding roller coasters at an amusement park. If you stay the night, you can enjoy the sunset (or sunrise) depending on the coast.

7. Most people never bother to take a tour of their own city because they assume they already know everything, but there is always more to learn! You can see your city through new eyes while learning your city's history on a walking or bicycle tour.

8. Most large cities offer an all-inclusive city pass that allows entrance into several major attractions such as the aquarium, zoo, amusement parks, and museums at a discounted rate. Check with your local library to see if they offer any free attraction passes, which can be checked out and used for entrance into local parks or attractions.

9. Get to know the surrounding areas near your town. See if there are any towns and villages near yours that you don't know and plan a route to visit a few. Check out any interesting facts about them and visit their shops and local restaurants.

HEADINGS	
A.	Book a tour
B.	Check out on discounts
C.	Cheer your local team
D.	Choose staycation
E.	Drive less
F.	Eat out with family
G.	Enjoy the countryside
H.	Get out on the water
I.	Hit the beach
J.	Invite a friend to stay
K.	Join a club
L.	Sightseeing elsewhere
M.	Short of money?

ANSWER BOX										
PARAGRAPH	0	1	2	3	4	5	6	7	8	9
ANSWER	D									

Marks 1: _____ /7.2

TASK 2

Read the text and choose the best answer (A, B or C) for each question. There is only ONE answer for each question. Example (0) is an example. Write your answers in the Answer Box. (1 item = 0.8).

STAY HEALTHY, EAT LESS

Reducing the number of calories you consume every day is the ticket to good health. It works in laboratory animals. It works in humans. The name of the method is caloric restriction. It increases the life span of animals. It reduces their rate of cancer and other ailments that happen as you age.

A new study asks if caloric restriction can help humans. The study gives some answers. Reducing calories makes a difference for young and middle-aged adults. Researchers looked at a group of healthy men and women aged 21 to 50. Members of the group agreed to reduce calories for two years. They could eat the foods they wanted as long as they cut back on the total amount of food they ate. The aim was to cut their calories by 25 percent. Many could not do it. The average calorie reduction was twelve percent. That is a reduction of about 300 calories a day. That number of calories is in a large bagel, or a few chocolate chip cookies.

But it worked. Those practicing calorie reduction lost weight and body fat. Their cholesterol levels improved. Their blood pressure fell a little. They had better blood sugar control and less inflammation. The results were not the same for a control group. These healthy people did not practice calorie restriction. They saw no improvements in any of these markers. The lower calorie group lost an average of 16 pounds over two years.

Fewer calories lead to better health. Does it lead to a longer life and less disease? A doctor said the diet would have to last a long time to find out the answer to this question. Diets such as the Mediterranean diet, intermittent fasting, and fewer carbs might work. The people in the study ate as much protein as before. They ate less fat and fewer carbs. And they ate more vegetables and fruits. The group reported better sleep, increased energy and improved mood.

You would have to study people for a lifetime to know if the diet keeps them well and alive longer. The diet did show it could reduce diabetes and heart disease. A doctor said reducing calories by as little as 300 calories less a day works. He said, "That is an after-dinner snack."

(Adapted from: thetimesinplainenglish.com)

0. Caloric restriction consists of:

- A. Eating less fattening foods.
- B. Eating less food in general.
- C. Eating the same food as animals.

10. Caloric restriction:

- A. Can cure cancer.
- B. Makes laboratory animals live longer.
- C. Only works best with lab animals.

11. The participants in the experiment:

- A. Were all young and healthy.
- B. Were a mixture of ages.
- C. Were mostly middle-aged.

12. In general, the volunteers:

- A. Ate 25 percent less food.
- B. Cut out extras like snacks.
- C. Reduced about half the calories expected.

13. The results were as follows:

- A. All the participants lost 16 pounds.
- B. The lower calorie participants' health improved.
- C. The participants in the control group lost weight.

14. The results seem to indicate that:

- A. Eating less can cure disease.
- B. Eating less makes you live longer.
- C. Fewer calories is beneficial.

15. The doctors are not absolutely sure of the results because:

- A. Some of the participants got diabetes.
- B. The experiment needs to last much longer.
- C. The participants were on a Mediterranean diet.

16. Generally speaking, they recommend eating less if:

- A. You eat a lot of protein.
- B. You want to be healthier.
- C. You want to live longer.

ANSWER BOX

QUESTION	0	10	11	12	13	14	15	16
ANSWER	B							

Marks 2: _____/5.6

TASK 3

Read the text and choose the extract which best completes the missing information for each numbered space. There are TWO extra extracts. Space (0) is an example. Write the letter for each space in the Answer Box. (Each correct answer = 0.8).

KRISTEN STEWART PLAYS PRINCESS DIANA IN NEW MOVIE

The 30-year-old actress Kristen Stewart has been chosen to play Princess Diana in the movie "Spencer", a drama centered round a weekend at Christmas time in the early 1990s (0) _____ that her marriage to Prince Charles was almost over, according to *Deadline*. The movie will start production in 2021.

"Spencer" will be directed by Chilean filmmaker Pablo Larraín, (17) _____ 2016 movie "Jackie", in which Natalie Portman played another famous woman who has always fascinated the public — Jackie Kennedy Onassis.

Stewart has also lived life under the heavy spotlight herself after starring in the blockbuster "Twilight" films (18) _____ and dating co-star Robert Pattinson.

"Kristen can be many things, she can be very mysterious and very fragile and ultimately very strong as well, which is what we need," Larraín told *Deadline*. "The combination (19) _____ think of her. ... I think she's going to do something wonderful and intriguing at the same time. She is this force of nature."

Diana, who is the mother of Prince William and Prince Harry, and Charles separated in 1992; (20) _____ in 1996. She then died at 36 a car crash in Paris in while being chased by paparazzi.

"Diana is such a powerful icon, and millions and millions of people around (21) _____ in her life," Larraín said. "We decided to get into a story about identity, and around how a woman decides (22) _____. She's a woman who, in the journey of the movie, decides and realizes that she wants to be the woman (23) _____."

Stewart isn't the only one who will be portraying the Princess of Wales on screen, as newcomer Emma Corrin, 24, has been cast (24) _____ in season four of the Netflix hit "The Crown."

"I have been glued to the show since the first episode and to think I'm now joining this incredibly talented acting family is surreal," Corrin wrote on Instagram last year. "Princess Diana was an icon, and her effect (25) _____ and inspiring."

(today.com)

EXTRACTS	
A.	after six months into her marriage
B.	for two very different people
C.	of those elements made me
D.	on the world remains profound
E.	she was before she met Charles
F.	somehow, not to be the queen
G.	their divorce was finalized
H.	the world felt empathy toward her
I.	to play a young Diana
J.	when Diana Spencer decided
K.	when she was still a teenager
L.	who directed the Oscar-nominated
M.	who fell madly in love

ANSWER BOX										
EXTRACTS	0	17	18	19	20	21	22	23	24	25
ANSWER	J									

Marks 3: _____ /7.2

TASK 1	TASK 2	TASK 3	TOTAL MARKS
			_____ /20

TASK 1
HOW TO BE A TOURIST IN YOUR OWN HOMETOWN

ANSWER BOX

PARAGRAPH	0	1	2	3	4	5	6	7	8	9
ANSWER	D	E	M	C	H	G	I	A	B	L

TEXT

D. Choose staycation

0. Do you feel that you don't have enough money for a trip somewhere? You're not alone. Many people are choosing to spend their vacations at home or in their hometowns instead of traveling somewhere.

E. Drive less

1. But staying close to home doesn't have to mean necessary boredom. You can spend more time feeling tranquil, less time behind the wheel, and keep some money in your pocket as well.

M. Short of money?

2. Why not become a hometown tourist and spend some time relaxing in and exploring your own backyard? By choosing a staycation over an expensive vacation, you'll save money and fall in love with your city all over again.

C. Cheer your local team

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G. Enjoy the countryside

5. If you're near the mountains, no matter the season, there is always something to do, from hiking to skiing. You can even find a stream or a river to freshen after or during the hike.

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L. Sightseeing elsewhere

9. Get to know the surrounding areas near your town. See if there are any towns and villages near yours that you don't know and plan a route to visit a few. Check out any interesting facts about them and visit their shops and local restaurants.

(Adapted: [wikihow.com/Be-a-Tourist-in-Your-Own-Hometown](http://www.wikihow.com/Be-a-Tourist-in-Your-Own-Hometown), 29/07/2020, 399 words)

**TASK 2
STAY HEALTHY, EAT LESS**

ANSWER BOX

QUESTION	0	10	11	12	13	14	15	16
ANSWER	B	B	B	C	B	C	B	B

TEXT

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A new study asks if caloric restriction can help humans. The study gives some answers. Reducing calories makes a difference for young and middle-aged adults. **Researchers looked at a group of healthy men and women aged 21 to 50 (10).** Members of the group agreed to reduce calories for two years. They could eat the foods they wanted as long as they cut back on the total amount of food they ate. **The aim was to cut their calories by 25 percent. Many could not do it. The average calorie reduction was twelve percent (11).** That is a reduction of about 300 calories a day. That number of calories is in a large bagel, or a few chocolate chip cookies.

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Fewer calories lead to better health (13). Does it lead to a longer life and less disease? **A doctor said the diet would have to last a long time to find out the answer to this question (14).** Diets such as the Mediterranean diet, intermittent fasting, and fewer carbs might work. The people in the study ate as much protein as before. They ate less fat and fewer carbs. And they ate more vegetables and fruits. **The group reported better sleep, increased energy and improved mood (15).**

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([thetimesinplainenglish.com/how-to-become-and-stay-healthy-eat-a-little-less/](http://www.thetimesinplainenglish.com/how-to-become-and-stay-healthy-eat-a-little-less/), 18/07/2019, 379 words)

TASK 3
KRISTEN STEWART PLAYS PRINCESS DIANA IN NEW MOVIE

ANSWER BOX

EXTRACTS	0	17	18	19	20	21	22	23	24	25
ANSWER	J	L	K	C	G	H	F	E	I	D

TEXT

The 30-year-old actress Kristen Stewart has been chosen to play Princess Diana in the movie "Spencer", a weekend at Christmas time in the early 1990s **when Diana Spencer decided (0)** that her marriage to Prince Charles was almost over, according to *Deadline*. The movie will start production in 2021.

"Spencer" will be directed by Chilean filmmaker Pablo Larraín, **who directed the Oscar-nominated (17)** 2016 movie "Jackie", in which Natalie Portman played another famous woman who has always fascinated the public — Jackie Kennedy Onassis.

Stewart has also lived life under the heavy spotlight herself after starring in the blockbuster "Twilight" films **when she was still a teenager (18)** and dating co-star Robert Pattinson.

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Diana, who is the mother of Prince William and Prince Harry, and Charles separated in 1992; **their divorce was finalized (20)** in 1996. She then died at 36 in a car crash in Paris while being chased by paparazzi.

"Diana is such a powerful icon, and millions and millions of people around **the world felt empathy toward her (21)** in her life," Larraín said. "We decided to get into a story about identity, and around how a woman decides **somehow, not to be the queen (22)**. She's a woman who, in the journey of the movie, decides and realizes that she wants to be the woman **she was before she met Charles (23)**."

Stewart isn't the only one who will be portraying the Princess of Wales on screen, as newcomer Emma Corrin, 24, has been cast **to play a young Diana (24)** in season four of the Netflix hit "The Crown."

"I have been glued to the show since the first episode and to think I'm now joining this incredibly talented acting family is surreal," Corrin wrote on Instagram last year. "Princess Diana was an icon, and her effect **on the world remains profound (25)** and inspiring."

([today.com/popculture/kristen-stewart-will-play-princess-diana-new-movie-t184494](https://www.today.com/popculture/kristen-stewart-will-play-princess-diana-new-movie-t184494), 17/06/2020, 368 words)