

## (TASK 1)

### A JOURNEY TO A BETTER ME


My name is Laura and I am 25 years old. I have **struggled** (0) with my weight ever since I was a teenager. At 15, I weighed 80 kilos. As the years passed, my weight only ..... (1). I would live on fast food, like pizza and burgers, and snack on crisps and chocolates. I never exercised. At 23, I weighed 115 kilos! I had trouble going up stairs, even walking short distances. Then, on my 24<sup>th</sup> birthday, I made the decision to see a doctor. He told me that if I continued my current lifestyle, I was in ..... (2) of developing serious health problems, and even heart disease. Right then, I decided it was definitely time for a change. I asked my doctor for advice. He advised me to see a nutritionist in order to develop a healthy eating plan and to begin exercising.

At first, it was very difficult for me to change my lifestyle. I consulted a nutritionist who told me to ..... (3) all junk food from my diet. She developed a day-to-day meal plan for me. Breakfast was usually a hard-boiled egg and toast, or whole-grain cereal and low-fat milk. Lunch was usually a salad and soup, and dinner was vegetables with chicken or fish. For snacks, I was allowed to eat fruit, like bananas and apples, and nuts, like almonds and peanuts. The first week, I ..... (4) a lot. I would often find myself secretly snacking on chocolates or crisps. But after a while, I took my new diet more ..... (5). After about a month, I had lost 5 kilos. I was doing well, but I had a long way ahead of me.

I decided to take my doctor's advice again, and joined a gym. I also hired a personal trainer who could develop an exercise plan suited to my body type. She told me that I had to start exercising ..... (6), since I had never exercised before. I would walk on the treadmill for about half an hour three days a week. I also started swimming and using the bicycle in the gym. Then, she added weight training to my programme. The first couple of times at the gym were very difficult for me. I would ..... (7) of breath while walking on the treadmill. My body would be sore for days after lifting only one-kilo weights. But my trainer ..... (8) me. She told me how wonderfully I was doing and to be patient because I would not see results overnight.

After about six months on my diet and exercise plan, I lost a total of 20 kilos. I was still ..... (9), but I felt so much better about myself. The first thing I did was to go out and buy some new clothes. I had more self-confidence and even began going out and socializing more. .... (10), I needed to lose another 20 kilos. So for the next year and a half, I stuck to my routine and worked hard to achieve my goal.

Now, I weigh 68 kilos. I have never felt better. I run about three miles every day, go to an aerobics class twice a week, and I am even thinking of training to run a marathon! I ..... (11) eat very healthily, and don't feel like eating junk food. Last week, I even paid a visit to the doctor I had seen before I had begun my weight loss plan. He didn't even recognize me! He took some tests and told me I was perfectly healthy. I thanked him for helping me begin my weight loss journey, and walked out of his office with a big smile on my face. I finally ..... (12) that if I treat my body right, it will treat me right in return.

 <b>Junta de Castilla y León</b> CONSEJERÍA DE EDUCACIÓN ESCUELA OFICIAL DE IDIOMAS DE LEÓN	<b>INGLÉS NIVEL INTERMEDIO</b>	<b>COMPRENSIÓN ESCRITA (20 puntos) 40 MINUTOS</b> Esta prueba consta de DOS tareas. Sólo se admiten pruebas escritas con bolígrafo azul o negro	<b>NOTA</b>
oficial <input type="checkbox"/> libre <input type="checkbox"/>	Nombre		DNI
Apellidos			

### TASK 1 (10 marks)

Read the text “A JOURNEY TO A BETTER ME” on the left and fill in the gaps with one of the words in the box. There are 4 words which you don’t need. 0 is the example.

ALREADY	ALTHOUGH	CASE	CHEATED
CUT OUT	DANGER	ENCOURAGED	EVER
HOWEVER	INCREASED	OVERWEIGHT	REALIZED
RUN OUT	SERIOUSLY	SLOWLY	STILL
<del>STRUGGLED</del>			

Write your answers here:

<p><b>0. STRUGGLED</b></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p> <p>6. _____</p>	<p>7. _____</p> <p>8. _____</p> <p>9. _____</p> <p>10. _____</p> <p>11. _____</p> <p>12. _____</p>
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## A JOURNEY TO A BETTER ME

My name is Laura and I am 25 years old. I have struggled with my weight ever since I was a teenager. At 15, I weighed 80 kilos. As the years passed, my weight only increased. I would live on fast food, like pizza and burgers, and snack on crisps and chocolates. I never exercised. At 23, I weighed 115 kilos! I had trouble going up stairs, even walking short distances. Then, on my 24<sup>th</sup> birthday, I made the decision to see a doctor. He told me that if I continued my current lifestyle, I was in danger of developing serious health problems, and even heart disease. Right then, I decided it was definitely time for a change. I asked my doctor for advice. He advised me to see a nutritionist in order to develop a healthy eating plan and to begin exercising.

At first, it was very difficult for me to change my lifestyle. I consulted a nutritionist who told me to cut out all junk food from my diet. She developed a day-to-day meal plan for me. Breakfast was usually a hard-boiled egg and toast, or whole-grain cereal and low-fat milk. Lunch was usually a salad and soup, and dinner was vegetables with chicken or fish. For snacks, I was allowed to eat fruit, like bananas and apples, and nuts, like almonds and peanuts. The first week, I cheated a lot. I would often find myself secretly snacking on chocolates or crisps. But after a while, I took my new diet more seriously. After about a month, I had lost 5 kilos. I was doing well, but I had a long way ahead of me.

I decided to take my doctor's advice again, and joined a gym. I also hired a personal trainer who could develop an exercise plan suited to my body type. She told me that I had to start exercising slowly, since I had never exercised before. I would walk on the treadmill for about half an hour three days a week. I also started swimming and using the bicycle in the gym. Then, she added weight training to my programme. The first couple of times at the gym were very difficult for me. I would run out of breath while walking on the treadmill. My body would be sore for days after lifting only one-kilo weights. But my trainer encouraged me. She told me how wonderfully I was doing and to be patient because I would not see results overnight.

After about six months on my diet and exercise plan, I lost a total of 20 kilos. I was still overweight, but I felt so much better about myself. The first thing I did was to go out and buy some new clothes. I had more self-confidence and even began going out and socializing more. However, I needed to lose another 20 kilos. So for the next year and a half, I stuck to my routine and worked hard to achieve my goal.

Now, I weigh 68 kilos. I have never felt better. I run about three miles every day, go to an aerobics class twice a week, and I am even thinking of training to run a marathon! I still eat very healthily, and don't feel like eating junk food. Last week, I even paid a visit to the doctor I had seen before I had begun my weight loss plan. He didn't even recognize me! He took some tests and told me I was perfectly healthy. I thanked him for helping me begin my weight loss journey,

and walked out of his office with a big smile on my face. I finally realized that if I treat my body right, it will treat me right in return.

## **TASK 2 ( 10 marks)**

**Read the text and questions below. For each question, write the correct letter A, B or C in the appropriate box. (0) is the example.**

### **Nightmare journey**

Holidaymakers suffered a nightmare flight after their plane's engine shut down - and they made an emergency landing at a military base guarded by soldiers with machine guns.

The ordeal for Gary Barton, 57, his wife Caroline, 48, and their daughter, began after three hours into their flight, when the pilot announced he was shutting down an engine and there would be an emergency landing.

Caroline, a pastoral support worker at a high school from Leigh, told the Manchester Evening News: "We could see on our screens that our altitude was dropping about 500ft every minute. It looked like we were just dropping into the Atlantic." But four hours later, the pilot arrived at his destination - a military base in the Azores. Caroline added: "We could see all the fire engines on the ground. It seemed so scary because it was dark, all those flashing lights, it made everything look worse. They said it was just a precaution, but we were very very worried. It was extremely tense on that plane. Our daughter was crying, shaking - she was saying 'what if we don't make it?'.

The pilot had diverted the flight to Lajes in The Azores - a military airbase which also runs scheduled flights. Eventually, in response to uproar from the passengers - including young children - the base commander gave permission for them to use a room on the base to wait. But they were herded into a site with few chairs to sit on the floor - surrounded by armed guards at every exit.

When their rescue plane - a Boeing 767-300 - arrived, they were loaded on before waiting for another hour for take-off, arriving back in Manchester at 5pm - with an 11-hour 23-minute delay.

A Thomson Airways spokeswoman said: "Due to overcrowding at the airport, passengers remained on board with refreshments provided. They were given further refreshments in the terminal before boarding a replacement aircraft which took them back to Manchester airport, arriving just after 5pm. She said each party would be given £100 to cover expenses incurred as a result of the delayed arrival.



- 0.The flight was...  
 a- boring  
 b- enjoyable  
 c- **awful**
- 1.An ordeal is a...  
 a- bad experience  
 b- technical problem  
 c- flight overseas
- 2.Before landing, Caroline thought...  
 a- they were going to crash into the ocean  
 b- the engines were about to explode  
 c- the plane was catching fire
- 3.Once they landed, they were terrified because...  
 a- nobody gave them any explanations  
 b- it was hard to see what was happening  
 c- everybody was screaming and shouting
- 4.At the military airbase in The Azores,...  
 a- you can get an ordinary flight  
 b- only military flights are allowed  
 c- there is no room for big aircrafts
- 5.The passengers could eventually get off the plane...  
 a- after showing discomfort  
 b- because the children needed special attention  
 c- following the base commander's advice
- 6.The expressions "they were herded" in this context means the passengers were...  
 a- taken without their permission  
 b- taken like animals  
 c- given proper accommodation
- 7.Before taking off, the passengers had to wait for one more hour...  
 a- in the terminal  
 b- in the small room provided  
 c- on the plane

0.	<b>C</b>
1.	
2.	
3.	
4.	
5.	
6.	
7.	

## ANSWER KEY

0.The flight was...

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- b- enjoyable
- c- awful**

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