NIVEL INTERMEDIO B1

TAREA 1

Eating and Good Grades

You are going to read a text about revision and diet. Read the text and answer questions 1-7. Choose the correct answer (a/b/c). Question 0 is an example.
(7x1=7 points)
Don't forget to write your answers on the answer sheet.

Revision is seen as the way to get good grades. But eating the right things could be just as important, says Kate Watson-Smyth

Teenagers up and down the country have already started studying for next month's exams. But as the stress levels increase and the coffee supplies fall, worried students should realise that results are not only based on how much revision they've done.

Experts say that diet plays an essential role in exam performance. What you eat and when you eat it can make a huge difference to how you perform. One expert, Lorraine Perretta, says that "Eating the right foods can really improve learning, concentration and memory."

The brain uses a quarter of all the carbohydrates you eat under normal conditions, rising to around 40 per cent at times of intense concentration, according to Patrick Holford. "During an exam, your legs don't need the energy as you are sitting down. Your brain uses it all and that's why you are really hungry at the end of an exam.

In addition, Serotonin, which is connected to appetite and produces feelings of pleasure, is made from carbohydrates. Within half an hour of eating a carbohydrate-based meal you should feel calmer.

Holford says: "Students should adopt good habits a month before exams, but even 48 hours in advance will help."

How to feed your brain

BREAKFAST

A good breakfast is essential, and should include lots of slow-burning carbohydrates. Refined carbs, like white bread, cakes and sweets, raise blood sugar quickly but it will drop quickly, making you feel sleepy and with problems concentrating. Cereals that are low in sugar and fortified with vital B vitamins are the best.

LUNCH

Protein makes you feel alert, so if you have an afternoon exam, try a portion of oily fish such as tuna. Tuna, salmon and trout are all rich in Omega-3, which is good for brain performance. Rice is also full of important B vitamins and will help calm last-minute nerves.

SUPPER

Iron also plays an important role in the transmission of messages in the brain. Red meat is one of the main ways of getting iron, so vegetarians should try to eat plenty of dark-green leafy vegetables to compensate. Lentils, beans, nuts and seeds also provide iron.

1) *Example. This article was written_____ an exam period.*

   a) during

   b) just before

   c) immediately after

2) *Experts say that eating well _____ help you get better grades.*

   a) must

   b) is going to

   c) may

3) *You get hungry during an exam because*

   a) 25% of all energy is used only by your brain.

   b) the brain needs more energy than usual to pay attention.

   c) even when you are sitting your body needs a lot of energy.

4) *The text says that serotonin*

   a) helps to make you feel more relaxed.

   b) helps to increase your appetite.

   c) has an immediate effect on the body.

5) *Holdord says that eating healthily can help even if you start _____ before an exam.*

   a) one day

   b) two days

   c) one month

6) *If you have an exam, you should avoid eating_____ in the morning.*

   a) white bread

   b) cereals low in sugar

   c) a big breakfast

7) *If you have an afternoon exam, tuna is good for lunch because*

   a) it is good for concentration levels.

   b) it makes you feel full and content.

   c) it helps to make you feel calmer.

8) *If you don't eat meat, iron*

a) is difficult to get in other non-meat food.

b) is found in groups of other types of food.

c) levels will be lower than average.

Is Belgium the Inventor of the French Fry?

You are going to read a text about French Fries. Read the text and answer questions 1-8. Choose the correct answer (a/b/c). Question 0 is an example.
(8x1=8 points)
Don't forget to write your answers on the answer sheet.

Whether it's English fish and chips, Parisian *steak-frites* or Belgian *frieten* with mayonnaise many places have called the simple fried potato their own.

Despite the common name of this dish, the French fry is without doubt Belgian, at least according to Albert Verdeyen, chef and co-author of *Carrément Frites,* which tells the history of the fry.

"Americans call it a French fry," he said, "but it's not a French fry, it's a Francophone fry."

One story claims that the original fry was born in Namur in francophone Belgium, where the locals were particularly fond of fried fish. When the River Meuse froze over one cold winter in 1680, people apparently fried potatoes instead of the small fish they were accustomed to, and the fry was born.

Proponents of this story say that this Belgian town is not only the source of the French fry, but even of its name: people say that American soldiers, stationed in the francophone region during World War I, called the potatoes 'French fries', and the common (if slightly incorrect) name was born.

Some culinary historians, however, such as Pierre Leclercq, professor of the University of Liège, say that this legend is not convincing.

Most importantly, Leclercq explained, even if the legend is true, it's far more likely that it took place, not in 1680, but in 1735 because potatoes were not introduced into the region until 1735. But even once the people of Namur had potatoes, Leclercq said, it's unlikely that they deep-fried them.

"In the 18th Century, fat was a luxury for poor people," he explained. "Butter was expensive, animal fat was rare, and cheaper vegetable fats were consumed in small quantities. That's why poor people ate it straight, without wasting it, on bread or in a soup."

He noted that for this reason, the idea that they would waste fat by using it for deep-frying seems untrue.

Leclercq is not the only one to believe in a different origin story for the French fry. Many French people say that the dish's first form was a deep-fried potato sold by street sellers on Paris' oldest bridge, the Pont Neuf, in the late 18th Century.

But despite this vote of confidence for the 'French' fry, we may never discover who actually invented the food.

"The fry is a daughter of street cooking," culinary historian Madeleine Ferrière told Le Monde. "That's why it's so hard to establish its birth certificate."

1) ***Example. The French fry is***
   a) translated into many languages.
   b) **called different things in different countries.**
   c) eaten the same way in all the world.

2) ***Albert Verdeyen says that the origin of the fry is***
   a) Belgian because of its name.
   b) Belgian even if the name is not.
   c) most probably Belgian.

3) ***The people of Namur***
   a) were not very keen on fried fish.
   b) invented the dish of "fish and chips".
   c) really liked eating fried fish.

4) ***One theory says that the potato was first fried in Namur because people***
   a) wanted to eat French fries with fish.
   b) wanted to eat something hot in the winter.
   c) couldn't eat their normal diet due to the cold.

5) ***American soldiers in Namur named the food "French fries"***
   a) because the people in the town spoke French.
   b) to celebrate the end of the First World War.
   c) because the ingredients came from France.

6) ***The main reason that Leclercq does not believe that the French fry originated in Namur is***
   a) the main ingredient came to Namur later than the story says.
   b) because people didn't have the utensils to fry food at that time.
   c) because potatoes cost too much money for poor people to buy.

7) ***Another reason he says the story is untrue is that:***
   a) fat was not available for frying food.
   b) fat cost too much to be used for frying.
   c) people preferred the taste of fat on bread or in soup.

8) ***Some people believe that the French fry***
   a) originated because its shape is similar to a bridge in Paris.
   b) first appeared when it was sold on a bridge in Paris.
   c) was invented at the same time as a bridge in Paris.

9) ***The writer of the article _____ that we will find out the origin of the French fry.***
   a) doubts
   b) predicts
   c) thinks

NETFLIX

The Best Shows on   right now

You are going to read a series of short texts about the best TV shows currently on Netflix. Match the texts (1-6) with one of the statements (a-i). There are two extra letters you do NOT need to use. 0 is an example.
(6x1=6 points)
Don't forget to write your answers on the answer sheet.

1. ***Example 0. Longmire***
   This is a mystery-of-the-week series that was cancelled by the media company A&E but then bought by Netflix, who produced three more original seasons. Robert Taylor is wonderful as the title character.

2. ***Bodyguard***
   The surprise Golden Globe winner for Best Actor in a Drama earlier this year was a Netflix show that most people in the U.S. hadn't really heard of yet. Fans of tense spy shows like *24* and *Homeland* shouldn't miss this 6-part mini-series about a guard for a Home Secretary in the U.K.

3. ***Broadchurch***
   Forget the later American version and watch the amazing first season of this BBC mystery, starring David Tennant and Olivia Colman, giving one of her best performances. The first season, which has a mystery about a boy's body found on a beach in a small town, is excellent. The other two not so much.

4. ***Dead to Me***
   Christina Applegate plays Jen, a Californian whose husband was recently killed in a hit-and-run*. Jen meets Judy in a support group and learns that Judy has a connection to her husband's murder. Funny and clever, this is one of Netflix's best new shows in a long time.
   [*Hit-and-run: a car accident in which the car that knocks somebody down does not stop]

5. ***The Fall***
   If you're a fan of *Mindhunter,* you'll love this British drama starring Gillian Anderson who plays Detective Superintendent Stella Gibson. She is investigating a crime in Northern Ireland that she discovers may be connected to a number of murders. The show can be a bit extreme, but interesting at the same time.

6. ***Sense8***
   This is the kind of show that an ambitious streaming service like Netflix should be making, but unfortunately cancelled after only two seasons. The program appears to have cost too much money, but still has incredibly loyal fans — this program isn't quite like anything else on Netflix.

7. ***Unbelievable***
   One of the best original dramas in Netflix history stars Kaitlyn Dever as a woman who is sexually attacked in her own bedroom. However, few people believe her and as we watch her life break down, we see two brilliant detectives, played by Toni Collette and Merritt Wever, investigating crimes committed by the same monster.

Summary

a	The review does not recommend the second and third season of this series	
b	The American version is a lot better than the original British one.	
c	The review says the show is intelligent and it makes you laugh.	
d	This is a police drama with a female officer trying to solve crimes that are possibly linked.	
e	This show is about a victim that most people think is lying about a crime.	
f	This show was popular in other countries before people in the United States knew about it.	
g	This unique show was too expensive and is now not being made.	
h	This show is best known for the actress who plays the main character.	
i	*There are four seasons currently available of this creative show.*	*0*

Email

Read the following email and choose the correct option (a, b, or c) for each of the blanks
(1-7). Question 0 has been done as an example.
(7x1=7 points)
Don't forget to write your answers on the answer sheet.

From: jimmyPage@eoiex.es
To: prettyplease@coldmail.com
Subject: question

Hi, Jean!

How are you? I hope your mother is feeling (0) _**a**_ after her illness.

Anyway, I was wondering if you would be able to help me. Last week I (1) ___ on a school trip with my class and something happened. We were in a little village in France visiting a castle, and suddenly one of the girls from my school started to scream. (2) ___ really knew what was happening or why she was screaming. One of the teachers ran to the (3) ___ where she was standing and then we didn't hear anything else.

As you can imagine, no one was able to talk about anything else for the rest of the (4) ___, but nobody seemed to know for sure what had happened. There are a (5) ___ of rumours now around the school, but that is all they are: rumours.

So, here's my question: I think you (6) ___ know this girl, because she is from your area and I think you were in the same hockey team. I think her name is Sue. As I said, she (7) ___ to play hockey and now she plays rugby for the school team. So, do you know her?

I'll see you next week at John's house, right?

Take care!
James

0.	*a) better*	b) worse	c) exhausted
1.	a) have been	b) went	c) am going
2.	a) No one	b) Someone	c) Anyone
3.	a) school	b) friend	c) place
4.	a) travel	b) trip	c) journey
5.	a) couple	b) few	c) lots
6.	a) can	b) should	c) may
7.	a) uses	b) usually	c) used

1. CLAVE DE CORRECCIONES

Task 1 (Eating and Good Grades)

Number	Example	1	2	3	4	5	6	7	Total points	7
Answer	**b**	c	b	a	b	a	a	b	Mark	

Task 2 (Is Belgium the Inventor of the French Fry?)

Number	Example	1	2	3	4	5	6	7	8	Total points	8
Answer	*b*	b	c	c	a	a	b	b	a	Mark	

Task 3 (The Best Shows on Netflix right now)

Number	Example	1	2	3	4	5	6	Total points	6
Answer	**i**	f	a	c		g	e	Mark	

Task 4 (Email)

Number	Example	1	2	?		5	6	7	Total points	7
Answer	*a*	b	a	c	b	a	c	c	Mark	

2. TABLA DE CONVERSIÓN

1	2	3	4	5	6	7	8	9	10	11	12	13	14
0.4	0.7	1.1	1.4	1.8	2.1	2.5	2.9	3.2	3.6	3.9	4.3	4.6	**5**

15	16	17	18	19	20	21	22	23	24	25	26	27	28
5.4	5.7	6.1	**6.5**	6.8	7.1	7.5	7.9	8.2	8.6	8.8	9.3	9.6	10