

INGLÉS

CERTIFICADO DE NIVEL INTERMEDIO B1

CONVOCATORIA JUNIO 2025

COMPRENSIÓN DE TEXTOS ESCRITOS

ALUMNO: OFICIAL ☐ LIBRE ☐ THAT'S ENGLISH ☐

APELLIDOS: _____ NOMBRE: _____

DNI/NIE: _____ EOI: _____

INSTRUCCIONES PARA LA REALIZACIÓN DE ESTA PARTE:

DURACIÓN: 50 minutos

- Esta parte consta de tres 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.
- No está permitido el uso de diccionarios.

	TAREA 1	TAREA 2	TAREA 3	TOTAL	CALIFICACIÓN
PUNTOS				/25	/10

TASK 1 (8 X 1 mark = 8 marks)

Read the following texts and match them to the most suitable heading from the list on the next page. Each heading can be used only ONCE. There are THREE headings you will not need. Text 0 is an example.

MARK***HOW TO REDUCE STRESS AND ANXIETY DURING EXAMS***

Creative suggestions that can help you manage stress

TEXT 0.

Research shows that eating dark chocolate reduces stress hormones and boosts memory significantly. Dark chocolate might have an impact on stress hormones like cortisol, potentially leading to a temporary reduction in stress levels. However, the benefits are generally thought to be most significant when it is consumed in reasonable quantities.

TEXT 1.

Immerse yourself in activities such as writing down your thoughts, playing a relaxing musical instrument, singing, or perhaps painting. Doing things you enjoy and are passionate about can create numerous positive effects on your mental and emotional well-being, helping to manage and reduce exam stress in the process.

TEXT 2.

While social media platforms and smartphones are great sources of entertainment, they are also one of the biggest sources of distraction, especially during stressful periods like exams. To maintain a healthier technological relationship, set limits on your screen time and take breaks from social media.

TEXT 3.

According to experts, music has various psychological effects, including its ability to positively impact mood, emotions, and stress levels. Research shows that listening to classical music and similar gentle music can have positive effects on focus, concentration and mood. So put on your favourite relaxing music!

TEXT 4.

Additionally, you can even explore brown noises. Brown noises are basically deep sounds that remind you of the low-frequency sounds of a waterfall or thunder. Studies show that listening to specific noise types, including brown noise, might have potential benefits in reducing stress and promoting relaxation.

TEXT 5.

Spending time with animals can often reduce stress and have positive effects on mental well-being. Interacting with animals can cause the release of oxytocin, often referred to as the "bonding hormone". Oxytocin is associated with feelings like happiness, trust, and social closeness, which can lower stress and anxiety.

TEXT 6.

Whether it's spending time with your pets or visiting an animal shelter, most animals have a way of bringing joy and comfort. If you don't have any pets, many communities offer pet therapy programs where you can spend time with trained therapy animals. This experience can provide significant emotional relief and reduce stress.

TEXT 7.

Guided imagery involves using your imagination to create calming mental scenarios, such as imagining peaceful scenes, events, or objects. Practicing guided imagery encourages your body's relaxation response by shifting your emotional state towards a more positive one. There are guided imagery apps that offer structured sessions and calming scenarios.

TEXT 8.

Entertaining yourself with puzzles and games can redirect your attention away from the sources of stress. They provide a mental break and allow you to focus on something enjoyable and challenging. Activities like Sudoku, crossword puzzles, or strategy games can provide a productive distraction and help alleviate exam-related stress.

Adapted from © www.classcardapp.com/blog/overcome-exam-stress

A. Being with animals releases "happy" hormone

B. Beneficial if using the right amount

C. Especially useful when you don't have exams

D. Games and problem-solving can distract you

E. Keeping them under control can be helpful

F. Kinds of sounds that help to calm down

G. Mental pictures help to feel calmer

H. Relation between passion and stress

I. Some of its styles are beneficial, according to researchers

J. Spending time in nature helps to feel less stressed

K. These animals are trained to help you

L. Using your imagination is harder with apps

TEXT	0	1	2	3	4	5	6	7	8
HEADING	<i>B</i>								
	✓								

TASK 2 (8 x 1 mark = 8 marks)

Read the following text and choose the option (a, b, or c) which best completes the sentences according to the text. Then write your answers in the corresponding box on the next page. Sentence 0 is an example.

MARK

MODERN EXPLORATION

A new way of doing an ancient activity

Thanks to the determination of generations of explorers, there is almost no place on Earth that is still unknown and unnamed. As distant places have become more familiar, the nature of exploration has changed. The explorers of the past showed our ancestors the wonders of the Earth. The duty of explorers today is to discover how to protect these wonders for future generations. The challenge is no longer to discover the world's wild places. Today, explorers are trying to understand the Earth and its climate and the living things that inhabit its surface.

The tropical rainforests provide a good example of the difference between exploration and understanding. Explorers have visited some of the most remote rainforests, yet scientists still know little about the "canopy," the blanket of leaves that reaches 30 meters above the forest floor. One way to get a closer look is to build small hanging bridges high up in the canopy. Scientists believe that most of the species living in the canopy have not yet been discovered or given a name.

Unfortunately, time is running out for those who wish to study the forests and the animals that live in them. Commercial development is destroying the rainforest at a rate of 12,000 square kilometers a year. For people who live in the rainforest, its destruction means the end of cultures and traditions that have lasted since prehistoric times. These tribal people have learned to use their forest environment in a way that does not damage it; but they do not yet know how to use political systems to keep farmers, miners, companies that sell wood, and engineers from destroying the forest to make money in the short term.

Exploration of desert areas began long ago, but methodical research is a relatively recent development. One in eight people in the world lives in a desert area, or an area of low rainfall. As this population increases, it puts greater pressure on the already limited natural resources in these areas. As a result of too many trees being cut down and farmland being abandoned, over 120,000 square kilometers turn to desert every year. Scientific effort in desert research stations aims to prevent this process.

The last place on Earth to be explored was the cold, hostile "ice desert" of the Antarctic. Because of an international agreement, the Antarctic region is used for peaceful scientific purposes. Although it is mostly empty and wild, the southern polar region has huge scientific importance. The ice itself is like an environmental data bank. Its layers form a record of the snow that fell on the continent over the last 160,000 years. By making holes in the five-kilometer-thick ice sheet, scientists can find out how the climate and atmosphere have changed during this period.

Until the 1950s, exploration was limited to the earth. But in 1957 the Soviet Union began the Space Race when it sent the first artificial satellite into space. *Sputnik 1* was only the size of a football, and all it could do was send out radio signals. By 1961, both the United States and the Soviet Union had sent people into space. In 1959, the Soviet Union sent a spaceship to the Moon, and in 1968, two American astronauts were the first human beings to leave Earth's orbit and fly to the Moon. Though they circled the Moon, they did not land. Just one year later, in 1969, Neil Armstrong and Edwin Aldrin were the first human beings to walk on the Moon's surface. The race to be first into space was a military contest, not a scientific one. Thankfully, space exploration today is for more peaceful, scientific reasons. Now that the Moon has been visited, and the Space Race is over, space scientists can concentrate on building orbiting space stations and sending research robots into space to find out more about regions of space much farther away. Maybe one day a new generation of explorers will be able to visit nearby planets.

- | | |
|--|--|
| <p>0. When distant places become familiar...
 a) <i>exploration becomes different.</i>
 b) <i>explorers have more determination.</i>
 c) <i>nature is still unknown.</i></p> | <div style="border: 1px solid black; padding: 2px; width: 40px; margin: 0 auto;"> <i>a</i>
 </div> |
| <p>9. Modern explorers...
 a) are amazed by their ancestors.
 b) don't feel challenged to discover wild places.
 c) want to protect and understand our planet.</p> | <div style="border: 1px solid black; width: 40px; height: 20px; margin: 0 auto;"> <div style="background-color: #cccccc; height: 10px; width: 100%;"></div> </div> |
| <p>10. The canopy in the rainforest...
 a) has a lot of undiscovered species.
 b) is a good example of traditional exploration.
 c) is built with small hanging bridges.</p> | <div style="border: 1px solid black; width: 40px; height: 20px; margin: 0 auto;"> <div style="background-color: #cccccc; height: 10px; width: 100%;"></div> </div> |
| <p>11. The people who live in the rainforest...
 a) are selling the forest for commercial interest.
 b) have not learned anything since prehistoric times.
 c) need to learn to protect it in modern times.</p> | <div style="border: 1px solid black; width: 40px; height: 20px; margin: 0 auto;"> <div style="background-color: #cccccc; height: 10px; width: 100%;"></div> </div> |
| <p>12. Scientific research in the desert...
 a) began a long time ago.
 b) is putting pressure on one in eight people.
 c) tries to stop the growth of desert areas.</p> | <div style="border: 1px solid black; width: 40px; height: 20px; margin: 0 auto;"> <div style="background-color: #cccccc; height: 10px; width: 100%;"></div> </div> |
| <p>13. The Antarctic is...
 a) a place for peaceful scientific research.
 b) an unimportant wild and empty polar region.
 c) the last place we need to explore in the future.</p> | <div style="border: 1px solid black; width: 40px; height: 20px; margin: 0 auto;"> <div style="background-color: #cccccc; height: 10px; width: 100%;"></div> </div> |
| <p>14. The ice sheet in Antarctica...
 a) can help us learn about climate change.
 b) contains a record of unusual types of snow.
 c) was formed 160,000 years ago.</p> | <div style="border: 1px solid black; width: 40px; height: 20px; margin: 0 auto;"> <div style="background-color: #cccccc; height: 10px; width: 100%;"></div> </div> |
| <p>15. During the Space Race, the Americans and the Soviets...
 a) circled the Moon but didn't land.
 b) sent a football-sized radio to the Moon.
 c) sent humans into space.</p> | <div style="border: 1px solid black; width: 40px; height: 20px; margin: 0 auto;"> <div style="background-color: #cccccc; height: 10px; width: 100%;"></div> </div> |
| <p>16. Space exploration today...
 a) continues to be a military contest.
 b) focuses on space stations and research robots.
 c) tries to send explorers to nearby planets.</p> | <div style="border: 1px solid black; width: 40px; height: 20px; margin: 0 auto;"> <div style="background-color: #cccccc; height: 10px; width: 100%;"></div> </div> |

Adapted from © *The Great Atlas of Discovery*

TASK 3 (9 x 1 mark = 9 marks)

Read the text and complete each blank with **ONE** suitable word from the list supplied on the next page. Then write your answers in the boxes. Each word can be used only **ONCE**. There are **FIVE** words you will not need. Blank 0 is an example.

MARK

MEDITERRANEAN DIET FOR BEGINNERS

Starting your journey to healthier eating

If you're trying to eat healthier but aren't sure where to start, the Mediterranean diet is a great _____. [0]. If you are living with prediabetes, type 2 diabetes, heart disease, or are simply looking to _____ [17] your health, the Mediterranean diet can be beneficial for you.

What Is the Mediterranean Diet?

The Mediterranean diet is more of a lifestyle than a restrictive diet with food "rules." Its _____ [18] is to incorporate the nutritious foods that people traditionally eat in the areas surrounding the Mediterranean Sea. It includes _____ [19] of whole grains, fruits, vegetables, beans and lentils, as well as seafood and healthy fats like olive oil and nuts. It also includes a moderate amount of chicken, turkey, eggs and fermented dairy, _____ [20] yogurt or kefir, while limiting red meat, sweets, and processed foods. Plus, the diet emphasizes the importance of cooking at home and enjoying meals with others.

Health Benefits of the Mediterranean Diet

The Mediterranean diet was voted the best diet by *U.S. News & World Report* for a _____ [21]: it has so many health benefits. Because this diet includes many healthy fats, limits unhealthy saturated fats, and includes a lot of fiber from produce and whole grains, the Mediterranean diet can improve heart health and support brain health. A 2023 *Neurology* study found the Mediterranean diet was associated with _____ [22] signs of Alzheimer's disease in the brains of older adults.

How to Shop for the Mediterranean Diet

Like any successful grocery store visit, _____ [23] a shopping list is key. It helps us stick to our plan, saves money and reduces the temptation to throw less-healthy food in our cart because of a promotion. You've probably heard the advice to shop the perimeter of the grocery store because that is _____ [24] fresh produce, seafood, eggs, dairy and meat are usually located. Still, there are just as many good choices in the inner shelves as well. In the middle shelves, you'll find canned and dried beans, plain frozen fruit and vegetables, whole grains like oatmeal and quinoa, nuts and nut butter, olive oil, olives and canned seafood. To support your goals, shop with a plan, _____ [25] going to the store when hungry, and only visit the shelves you need to get the items on your list.

Adapted from © <https://www.eatingwell.com/>

MEDITERRANEAN DIET FOR BEGINNERS

AS	<i>CHOICE</i>	HAVING	PLENTY	WHAT
AVOID	FEWER	IMPROVE	REASON	WHERE
BETTER	GOAL	LIKE	RESULT	WRITE

0.	<i>CHOICE</i>	
17.		
18.		
19.		
20.		

21.		
22.		
23.		
24.		
25.		

