

**Escuelas Oficiales de Idiomas
de la Comunidad Autónoma de Aragón***Pruebas Unificadas de Idiomas***MEDIACIÓN ESCRITA****INGLÉS****NIVEL INTERMEDIO B2 MODELO D****CONVOCATORIA EXTRAORDINARIA 2021**

1. Lea cuidadosamente las instrucciones de la tarea y respete la consigna.
2. Escriba con letra clara y respetando el uso de mayúsculas y minúsculas.
3. Utilice bolígrafo azul o negro INDELEBLE.
4. Duración de esta prueba: 30 minutos.
5. Puntuación total de la tarea de mediación escrita: 10 puntos.
6. Los puntos de esta tarea se sumarán a los de la tarea de mediación oral.

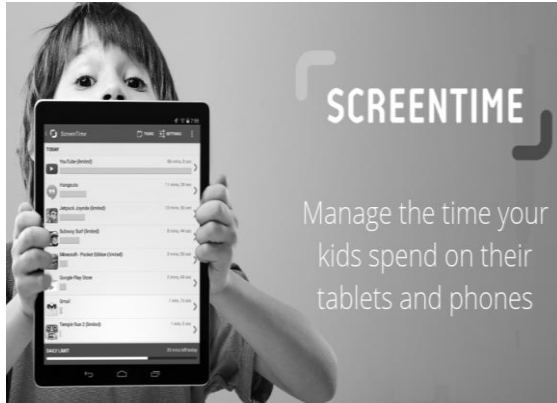
Apellidos	
Nombre	

Puntuación por criterios			
Eficacia comunicativa	Interpretación del contenido	Estrategias de mediación	Organización y corrección del texto
/2,5	/2,5	/2,5	/2,5

**PUNTUACIÓN
TOTAL**

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Your Czech friend Jana is a bit worried about her 12-year-old daughter because she spends a long time in front of a screen every day, even during meals (maybe Jana is not a good example herself) and she goes to bed terribly late. You recently read the information below in a magazine at the dentist's and have decided to give her some advice. **Write 100-125 words.**



1. Set screen time limits

It's helpful to have a family media plan that includes a screen-time limit for each child. Setting limits will help to set children's expectations. Of course, successful implementation of these limits requires consistency over time so children and adolescents develop a clear understanding of screen time rules.

2. Keep meals media-free

Meal time is the perfect time to connect with your children, learn about their day and share stories. Unplugging during meal time is helpful. Children

who watch television during meals end up with more screen time overall. Ditching devices while dining has the added bonus of improving dietary patterns. Those who use screens during meals consume less healthy food options such as fruits and vegetables, and more snack foods and sugar sweetened beverages.

For parents, removing your mobile media device from the dinner table shows your family that you are "plugged in" to the conversation. When people bring a cell phone to the table, even when not in use, it results in a reduced quality of conversation.

3. Turn off so you can tune in

The degree to which parents use their own screen-based device is associated with their children's screen time. Avoiding screen use while engaging with your children is a great way to promote healthy behaviour. Not only will this modelling help to reduce their overall screen time, but it prioritizes face-to-face interactions through conversation and active play.

4. Don't use screens to control behaviour

It is tempting to use screen time as a means of controlling a child's behaviour because it tends to result in an immediate response. An example of this would be providing screen time as a reward for good behaviour or taking it away as a punishment for bad behaviour. However, this may cause an unintentional increase in screen use over the long term.

5. Bedrooms are for recharging bodies

Keep mobile devices out of the bedrooms! Teenagers need between eight to 10 hours of sleep each night for proper growth and development, and to recharge themselves for another day. Bedroom use of electronic devices has been displacing their sleep time, and this displacement decreases their self-esteem and coping skills, and reduces their ability to manage behavioural impulses. Allowing them opportunities to explore their natural environment away from screen-based devices promotes active play and creativity, and helps develop healthy behaviours now and in the future.

APELLIDOS _____ NOMBRE _____

Dear Jana,

As you told me your daughter may be having problems because of the excessive time she spends in front of a screen, maybe these tips can help ...

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INGLÉS NIVEL B2 – MEDIACIÓN

10 PASOS PARA UNA VIDA SANA

Your English classmate, Klarissa, looks tired and stressed out. You have just seen these tips and you think they might help her. Explain some of the tips to her. YOU DON'T NEED TO TRANSLATE LITERALLY. You will have to speak for 2 minutes and 30 seconds.

10 pasos para una VIDA SANA

1 Vigilar la alimentación

El equilibrio que ofrece la dieta mediterránea sobre la mesa es la mejor garantía de una condición saludable

2 Atención a los controles médicos

No hay que olvidarse de atender de forma periódica a los niveles de colesterol, azúcar, tensión y peso

3 No al tabaco

El gran enemigo de la salud no debe tener sitio en los hábitos de una vida sana. Si se es fumador, se puede dejar su consumo de forma progresiva.

4 Beber agua con frecuencia

La hidratación es fundamental. Entre dos y tres litros de agua cada día son muy recomendables, también fuera de las comidas.

5 Dormir bien

Ocho horas es lo aconsejado para un adulto. Un sueño reparador mejora la salud física y psicológica y es clave para dar lo mejor de uno mismo.

6 No al estrés

En la medida de lo posible, reservar tiempo de manera regular para actividades de ocio al aire libre con amigos y familiares.

7 Hacer ejercicio físico

Entre dos y tres horas de actividad moderada son los mínimos recomendados. Caminar a paso ligero es una opción sencilla y muy válida

8 Evitar el sedentarismo

El sofá y el ordenador no siempre son los mejores compañeros en el tiempo libre. Hay que procurar estar activo.

9 Desconexión digital

El uso racional de móviles y tabletas ayuda también a mejorar nuestra atención. Emplearlos por la noche empeora la calidad del sueño

10 Actitud positiva

Mantener en cotas altas los niveles de optimismo y aceptar con realismo los avatares de la vida contribuye a disponer de mejor calidad de vida

**YOU HAVE 3 MINUTES AND 30 SECONDS TO PREPARE THE MEDIATION
(SIX MINUTES IF YOU ARE PREPARING THE MONOLOGUE TOO)**

INGLÉS NIVEL B2 – EXPOSICIÓN

LEADING A HEALTHY LIFE

You have to speak about **leading a healthy life**. Use the questions and prompts below as a guide. [You will have to speak for 2 minutes and 30 seconds.](#)



- What you do to stay healthy.
- Healthy/unhealthy habits you have.
- Our lifestyle is healthier than our parents' used to be. True?
- How can healthy habits be promoted among young people?

YOU HAVE 2 MINUTES AND THIRTY SECONDS TO PREPARE THE MONOLOGUE
(6 MINUTES IF YOU ARE PREPARING THE MEDIATION TASK TOO)

INGLÉS NIVEL B2 – MEDIACIÓN

CONSEJOS PARA HACER UNA BUENA REDACCIÓN

You have to write a composition for your English homework. You've just found these tips on a website and you think they're useful. You want to share the information with your classmate Henri, who doesn't speak Spanish. Explain the contents of the graph to him. YOU DON'T NEED TO TRANSLATE LITERALLY. *You will have to speak for 2 minutes and 30 seconds.*

1 ORDENA TUS IDEAS

Debes tener muy claro qué es lo que quieres decir. Organízate haciendo un sencillo esquema con las ideas principales y secundarias del texto.

3 NO ABUSES DE LOS ADJETIVOS

Un adjetivo bien usado te ayudará a describir lo que quieres decir y le dará color a tu texto. Muchos adjetivos lo convertirán en una rimbombante compilación de palabras.

5 NO ESCRIBAS COMO HABLAS

La construcción del lenguaje hablado y del escrito son diferentes. Las frases no deben seguir el patrón de una conversación, sino el de una redacción.

7 REVISAR Y REVISAR

Lee y vuelve a releer tu texto las veces que sean necesarias para detectar los errores ortográficos.

2 USA FRASES CORTAS

Escribe de forma sencilla, breve y concisa para que los lectores te entiendan, sobre todo si no tienes costumbre de escribir.

4 USA PUNTOS Y COMAS

Puntuar correctamente es indispensable para que el lector pueda respirar y comprender. Además, te ayudará a organizar mejor tus ideas (concluir las, enumerarlas y/o explicarlas).

6 NO USES PALABRAS REBUSCADAS

Usar muchas palabras "cultas" no te hace parecer más inteligente. Si no están integradas en tu vocabulario, puede que las uses mal o que el texto se vea forzado.

YOU HAVE 3 MINUTES AND 30 SECONDS TO PREPARE THE MEDIATION

(6 MINUTES IF YOU ARE PREPARING THE MONOLOGUE TOO)

INGLÉS NIVEL B2 – EXPOSICIÓN

LEARNING LANGUAGES

You have to speak about **writing and exams**. Use the questions below as a guide. **You will have to speak for 2 minutes and 30 seconds.**



- How do you normally prepare an essay when you have to write one?
- What advice could you give to someone preparing for an exam?
- Why do people learn English? And you?
- Mention the aspects of learning a language that you find the easiest/most difficult.
- What is the best way to learn a language? Give examples.
- How can technology help language learning?

YOU HAVE 2 MINUTES AND 30 SECONDS TO PREPARE THE MONOLOGUE
(6 MINUTES IF YOU ARE PREPARING THE MEDIATION TASK TOO)