

# CERTIFICADO DE NIVEL INTERMEDIO B2 DE INGLÉS

## CONVOCATORIA ORDINARIA PARA POBLACIÓN ESCOLAR - CURSO 2020/21

### MEDIACIÓN – TAREA 1 MEDIACIÓN ESCRITA

CUMPLIMENTE LOS SIGUIENTES DATOS:

APELLIDOS: \_\_\_\_\_

NOMBRE: \_\_\_\_\_

CENTRO ESCOLAR: \_\_\_\_\_

#### INSTRUCCIONES PARA REALIZAR ESTA PARTE:

DURACIÓN: **35 minutos**

- **ESTE DOCUMENTO CONTIENE LA TAREA Y EL ESPACIO PARA LA VERSIÓN DEFINITIVA.**
- Esta prueba consta de una tarea. Lea las instrucciones y realícela según se indica.
- Las tareas escritas a lápiz o en tinta roja no se calificarán.
- No está permitido el uso del diccionario.
- El uso del teléfono móvil queda prohibido durante toda la prueba y tendrá que permanecer apagado y guardado.
- **Las tareas que no sigan las instrucciones no se calificarán**
- **Atención:** No escriba en los recuadros sombreados; son espacios reservados para la calificación de las tareas.

**PUNTUACIÓN:** / 10



APELLIDOS: \_\_\_\_\_ NOMBRE: \_\_\_\_\_

## LAS TAREAS QUE NO SIGAN LAS INSTRUCCIONES NO SE CALIFICARÁN

### TASK ONE (5 points)

#### Instructions of the task:

Read the instructions and write a summary (60-70 words).

Your English teacher has planned to collaborate with the next school magazine issue about healthy habits. She has asked students from your class to look for possible topics that could be included in the magazine. You find the following article about the Mediterranean diet.

Using the information in the text, extract the most relevant information and write a summary about 60-70 word, in your own words to present in the class so your classmates can choose from all the topics presented.

### Mediterranean diet may reduce frailty as you age.



Health experts have been hailing the Mediterranean Diet as the holy grail of nutrition for the last few years. Inspired by the flavors and cooking methods of the countries bordering the Mediterranean Sea, the diet has been found to fight inflammation, promote heart health, reduce the risk of cancer, improve longevity, and keep the brain sharp. Now, according to new research, the diet can also reduce the risk of frailty that comes with aging.

According to the new study, published in the journal *Gut*, the diet's emphasis on fruits and veggies, healthy fats, and whole grain boosts beneficial gut bacteria linked to improved brain function, memory, and a lower risk of becoming frail - which, in older adults can include chronic low-grade inflammation, the development of chronic diseases like diabetes, and issues with mobility.

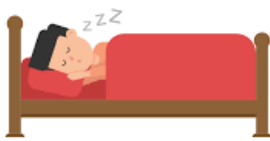


## MODEL – STUDENT A

### TAREA 2: MEDIACIÓN ORAL

In your English class, while talking about healthy life style, you have been discussing how essential sleep. Your teacher has told you and your partner to look for information about this issue and present it to the class.

Here's part of an article you found searching the net. You had problems in downloading the whole article and your partner has the rest. Read your text to extract the most important information to share with your partner. Together you have to decide what you'll include in your presentation.



### Why Can't I Sleep? Sleep Help For Teens AND Parents

We talked to Candance Alfano, clinical psychologist at the Sleep and Anxiety Center of Huston, about how we can help ourselves and our teens get the rest we need.

#### Why is it hard to sleep?

Sleep is the first biological system to malfunction when we're stressed. This is partly because of hormonal and biological change, but also because of the thoughts and worries that become more prevalent during times of stress.

The loss of routine makes it hard to sleep. Regularity is something important in a good night sleep.

#### Why is it important to have a sleep schedule?

Creating routines is critical for everything we do, in particular our sleep. Having a sleep schedule provides certain cues for feeling sleepy and for waking up. Sometimes, it may be tempting to sleep in or stay up late, but our sleep is regulated by an internal clock. That clock functions best when we set it to the same time every day.

#### Side- effects of not sleeping properly

- When we get inadequate amounts of sleep, we are more likely to have acne.

[...]

<https://yourteenmag.com/health/physical-health/why-cant-i-sleep>

### INSTRUCTIONS

- Preparation time: 5 minutes

- Interaction time: 3-4 minutes

- You can take notes during the preparation time. You can only use these notes as a guideline.

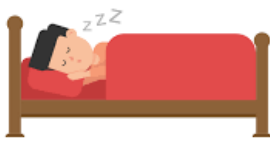
- The test will be recorded.

## MODEL – STUDENT B

### TAREA 2: MEDIACIÓN ORAL

In your English class, while talking about healthy life style, you have been discussing how essential sleep. Your teacher has told you and your partner to look for information about this issue and present it to the class.

Your partner has been searching the net looking for information but she/he had problems in downloading the whole article so you have the rest of the article. Read your text to extract the most important information to share with your partner. Together you have to decide what you'll include in your presentation.



### Why Can't I Sleep? Sleep Help For Teens AND Parents

#### Practical advice for improving your sleep.

- One thing that everyone can do is try to go to bed and to get up at the same time every day.
- If you find yourself lying awake in bed at night, the worst thing you could do is just lie there and try force it. That often causes a negative association between your bed and sleep. Instead, get out of bed and sit under dim lighting and do something that is relatively boring.
- Reading a book becomes a very potent sleep queue for some people, which means reading a book signals the body that it is time to go to bed.
- Avoid electronics before bed. Screens emit a blue light that is associated with elevating our mood and making us feel more awake. There are programs that can be downloaded to reduce the amount of blue light coming through the screen.

#### Side- effects of not sleeping properly

[...]

Sleep helps us remember and learn, which isn't just important in academics. It is important while you're functioning in society to remember names and interactions you have with people.

<https://yourteenmag.com/health/physical-health/why-cant-i-sleep>

#### INSTRUCTIONS

- **Preparation time: 5 minutes**
- **Interaction time: 3-4 minutes**
- You can take notes during the preparation time. You can only use these notes as a guideline.
- The test will be recorded.