

INGLÉS

CERTIFICADO DE NIVEL INTERMEDIO B2

CONVOCATORIA MAYO 2023

COMPRENSIÓN DE TEXTOS ESCRITOS

ALUMNO: OFICIAL LIBRE THAT'S ENGLISH

APELLIDOS: _____ NOMBRE: _____

DNI/NIE: _____ EOI: _____

INSTRUCCIONES PARA LA REALIZACIÓN DE ESTA PARTE:

DURACIÓN: 60 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 ONE (8 X 1 mark = 8 marks)

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

MARK

WAYS TO BE MORE POSITIVE

Here are the key points you need to know in order to look on the bright side

TEXT 0

As much as spending the weekend watching a series sounds great, taking a moment outside will do wonders for your mood. A 2019 study published in *Scientific Reports* found that spending two hours a week outside helps boost both your physical and mental health. Don't feel like you need to spend two hours on an exhausting hike, though. Even an easy walk in the park will achieve the same result.

TEXT 1

Trying to be a more optimistic person can start with the simple decision to be a more optimistic person. Our emotions are not just something that happens to us. We can actively affect change in our emotions and decide how we're going to feel. How you respond to a situation, how you approach it, and how quickly you recover from a situation are all things that you can control.

TEXT 2

There is nothing wrong with the "treat yourself" mentality, but if you want to feel happier longer, it might be better to adopt a "treat others" mentality. Feeling like you're contributing or being of service to others has been shown to give individuals a lasting hit of dopamine. So, the next time you're treating yourself to a caffè latte, consider treating the person behind you in line as well.

TEXT 3

Giving thanks shouldn't be reserved just for the fourth Thursday in November. This practice will not only encourage you to appreciate the positive moments in your life, but you'll also start to look out for all those things you're thankful for throughout the day. Be as specific as possible. You're actually trying to generate a feeling, not just trying to do the task of "make a list."

TEXT 4

As much as you plan, schedule and think ahead, there are some things you just can't control. By fighting against them, all you're doing is adding additional anxiety. Instead, use that energy to make a wise decision about what you can do in that situation. There will always be things that seem unfair or chaotic, but rather than complaining about them, think about how you can make things better.

TEXT 5

Fulfilling the basic needs of exercising, eating right and getting enough sleep will help you be less vulnerable to negative feelings. Just take it for granted, you might not feel motivated to go on a run or have an apple for a snack instead of a cookie, but the more you do, the more likely you'll be able to generate positive feelings in your life.

TEXT 6

Becoming a positive person doesn't just happen overnight. After all, you are trying to change your brain's natural instincts and train it to think other thoughts. But as long as you consistently work at having a more positive attitude, your mind will eventually follow. You're training your brain to do something different from what it wants to do and that takes time.

TEXT 7

No matter how much you don't feel like it, there is some scientific evidence that smiling helps you feel better. So, pretend to feel cheerful till it becomes true for you. The act itself sends a signal to the brain that helps calm the negative thoughts you might be having and releases those feel-good chemicals (like dopamine) that help bring on the feelings of comfort and trust.

TEXT 8

How do you know what will trigger your happiness? Well, that's up to you. Got a song that always makes you want to dance? Put it on. Or, if playing with your dog always lifts your spirits, make time throughout the day for fetch, work on a new trick, or just watch them be adorably goofy. Figure out what your own triggers for joy, love or excitement are.

Adapted from © www.womenshealthmag.com/life

A.	ACCEPT AND USE CHANCE TO YOUR ADVANTAGE
B.	CONSTANT EFFORT WILL FINALLY CAUSE CHANGE
C.	DO SOMETHING FOR SOMEONE ELSE
D.	FAKE AN ATTITUDE UNTIL YOU INTERNALIZE IT
E.	<i>GET OUT ONCE IN A WHILE</i>
F.	IT'S A BATTLE AGAINST OUR INSTINCTS
G.	KEEP A GRATITUDE JOURNAL
H.	REALIZE YOU ARE IN CHARGE OF YOUR REACTIONS
I.	REMIND YOURSELF OF WHAT YOU'VE ACCOMPLISHED
J.	SEEK OUT THE ACTIVITIES THAT BRING YOU JOY
K.	TAKE RESPONSIBILITY FOR YOUR HEALTH WITH SELF-CARE

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

TASK TWO (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 answer in the corresponding box on the next page. Item 0 is an example.

MARK

WHAT NO ONE TELLS YOU ABOUT SUPERFOODS

What Comes to Our Mind When We Read This Word

Ever walked into a grocery store and found yourself looking at the hundreds of “healthy food” labels? Labels such as organic / low-fat / low-sugar / heart-healthy / whole-grain / no-preservatives / grass-fed / real-fruits / non-dairy and so many more, you could probably make a separate dictionary out of them.

Now, think of a food label that claims to be the solution to all your problems. It is a magical category of food that will make you instantly healthy and strong, while getting rid of everything unhealthy within your body. Basically, the elixir of health and wellness. Superfood! How did the prefix “super” get attached to certain food items? *The American Heart Association (AHA)* defines superfoods as: “Nutritious foods that can bring health benefits when added to an already balanced diet.” *The Macmillan Dictionary’s* definition of superfood says: “A food that is considered to be very good for your health and that may even help some medical conditions.” Because there is no legal standard or set definition, new food items keep getting added to the superfoods list.

I was severely disappointed by all of the above discoveries. But, this statement by AHA is what broke my heart the most: “Superfoods alone will not make you healthier.” I mean, really? That’s the one thing they were supposed to do! I thought they were SUPERfoods! So, what are superfoods? And is there anything exceptional about them at all?

Popular foods such as berries, quinoa, coconut oil, salmon and dark leafy greens have all been classified as “superfoods.” This implies they have health benefits superior to those of other foods. And they are, in fact, full of nutrients, rich in antioxidants and fatty acids, and can prevent you from several diseases. While not exceptional, these superfoods certainly have an impressive nutritional value. But so do the other non-superfoods. Carrots, apples, eggplants, to name a few, are all extremely nutritious and full of health benefits. However, I’ve never seen a carrot displayed prettily across a billboard. The truth is, most naturally occurring fruits, vegetables, grains, and other products are all full of good stuff our bodies need to maintain our health. Stuff that is beneficial, whether it comes from a superfood source or not.

Why and how are superfoods still in fashion? What do all these successful products have in common? Brilliant marketing to hook customers before they know it. Superfoods do this in three ways: They always claim to be backed up by scientific research. And that provides an instant validation. No one ever questions why blueberries or salmon are already established healthy foods. As long as they were “proven” to have health benefits, they will be going in our cart. Also, they are dressed up in catchy headlines. It’s all a game of perception and superfoods, my friends, are perceived superbly. They are beautifully wrapped in fancy packaging and marked at a higher price. This is called prestige pricing, where companies make their products expensive because buyers psychologically associate a higher price with superior quality. Human vulnerability is the other thing that makes superfoods super popular. We all want to be healthy. Unfortunately, most of us are generally unable to stick to a healthy diet and we over-consume media advertisements. And most of us are constantly under the social pressure to look a certain way. Together, they all make us vulnerable to our own insecurities, and willing to accept whatever latest healthy food or diet is marketed to us.

Beyond the marketing tricks and sale strategies, superfoods have an impact on concepts of sustainability and true balanced eating. And that is my biggest problem. They make a healthy diet feel difficult. More expensive. Fancy. Complicated. Wasteful. Temporary. Not for everyone.

Superfoods shift the focus from a well-balanced plate to an unnecessary fixation on a specific food item that, in itself, is an incomplete source of nutrition. The sad reality of superfoods

is, they are non-existent. There is no magical bullet of health within a food. Beneath all the flashy health claims, lies the same recommendation – eating an adequate serving of fruits, vegetables, nuts and grains every single day. Including a variety of colours and tastes to your meals. Meeting your vitamins and minerals requirements from all food groups. Simple rules. Basic knowledge. Sustainable lifestyle. So, the next time you walk into a grocery store and come across a “superfood” aisle, don’t get distracted and keep walking. The real foods usually exist in the less flashy sections.

Adapted from © www.medium.com/in-fitness-and-in-health

0. When analyzing the labels related to “superfoods,” the author

- a. searches for an explanation of the labels.
- b. states the reason why such labels exist.
- c. **stresses the amount of different labels.**

C
✓

9. Quite often, a given food becomes classified as “superfood”

- a. once a company has determined its nutritional value.
- b. when it is environmentally friendly and nutritious.
- c. without being bound to any regulations.

10. According to the author, non-superfoods, such as carrots,

- a. are promoted to the status of “superfoods.”
- b. fulfil properly food advertising criteria.
- c. lack the same advertisement as “superfoods.”

11. The marketing of “superfoods” is so successful because

- a. it emphasizes scientific research, which people don’t challenge.
- b. it grants research of “superfoods” such as the one blueberries get.
- c. the majority of people can’t check the truth of scientific research.

12. Prestige pricing is a strategy which

- a. aims primarily at people who buy high quality products.
- b. makes customers purchase goods at attractive prices.
- c. uses expensive prices to suggest that the product is better.

13. The popularity of “superfoods” results from the fact that

- a. in our society people struggle to feel self-confidence.
- b. many people believe “superfoods” boost media-advertisement.
- c. there is a link between superfoods and work performance.

14. The term “superfoods” implies that healthy eating is

- a. both sophisticated and complex.
- b. effortless but unlikely to last for a long time.
- c. suitable for everybody’s budget.

15. To maintain a healthy diet, the author recommends eating:

- a. affordable amounts from all food groups.
- b. appropriate and equitable amounts of food.
- c. the same amount of sustainable foods.

16. At the end of the article, the author suggests that “superfoods”

- a. are deceiving.
- b. remarkable for our health.
- c. improve the quality of our diet.

TASK THREE (9 x 1 mark = 9 marks)

Read the text and complete each gap with ONE suitable phrase from the list supplied. Then write your answers in the boxes provided. Each sentence can only be used ONCE. There are THREE phrases you will not need. Gap 0 is an example.

MARK

THE DISCONNECT

A new show explores when social media turns toxic

It's never been easier to live your life predominantly online. From sharing outfit updates on Instagram, to documenting your day on TikTok, to relying on the same platforms for life planning, friendships and downtime. In the right doses, _____**[0]**_____ —but how do you roll it back if you feel it's starting to dominate your life, instead of adding to it? That's the question at the core of *The Disconnect*, a new coming-of-age documentary about our relationships with our screens.

Spanning three episodes and featuring five young people who open up about their relationships with social media, the show explores what it means to live your life when social media is at the centre of connection and communication. Aged between 19 and 23, they have most likely not spent much time on earth _____**[17]**_____.

The show will delve into everything from the effects of endless scrolling to how the role of social media can paradoxically _____**[18]**_____. It also asks how we can create better and healthier boundaries around our devices.

The stories are varied but similar in many ways. Róisín Carroll, a 19-year-old describes how her Mum's Alzheimer's diagnosis _____**[19]**_____: "It can be hard, especially because not many other of my friends' parents have Alzheimer's. So it can be very lonely in that sense. With my Mum anyways it's like a degenerative disease, so it's like it's always just getting worse. So, in my mind, the more time I spend on social media, the less time I have with Mum".

Jenny Cahir, a 22-year-old rugby player talks about the negative effects of social media, _____**[20]**_____: "I probably didn't tell too many people. For some reason I was ashamed of it. I was like, oh God, my leg is ... What do I do? That's where that existential dread and FOMO [Fear Of Missing Out] came in. I was questioning myself, what's wrong with me? I would very easily get swallowed up into social media, looking at it for a couple of hours, especially when you have nowhere to be. I didn't sleep very well... I used to try and _____**[21]**_____, but then I remember some nights, I'd be up till three or four and I'd be spiralling".

For 23-year-old Beth Pereira, social media heightened her insecurities about her body image, she says. "I would post photos that wouldn't necessarily be a true image of who I am or wouldn't be my authentic self and I started to see patterns. It was when I was feeling insecure, I would post these superficial photos _____**[22]**_____. And then I'd get a little bit of attention on the photo, and I'd feel a bit better about myself, and then, just as quickly as it would build you up, it would bring you back down."

Meanwhile for Martha Harris, a 22-year-old producer, vocalist and instrumentalist, social media almost _____**[23]**_____ because of the constant comparison with other musicians. "You want to post things that make you look like you're doing well, that make you look like you're busy and that you have an exciting life and even when you're not doing so well or you're going through a difficult time, that impulse to do that is still there".

Aisha Lawal, a 22-year-old now working in fashion, goes into detail about how the expanse of social media _____ **[24]** _____. “This lad was messaging me and I kind of made it really upfront that I wasn't interested and like to please stop messaging. But I didn't block them because I didn't think anything really of it. So, I went out one night with my friends, we were having a good time, having a couple of drinks and I kind of just posted my location not thinking anything of it, just a picture of me and my friends. And then the person showed up and I knew that _____ **[25]** _____ that person would be where I was and I knew that it was because I posted my location.”

These are just some of the realities of living a life that takes place largely on social media, and in an environment that's consistently changing, the solutions will often shift and change too.

Adapted from © <https://www.rte.ie/>

- A. FOLLOWING A SERIOUS INJURY
- B. LEAD TO ISOLATION AND SOCIAL ANXIETY
- C. LED HER TO GIVING UP HER CAREER
- D. LED HER TO REDUCE HER TIME ON SOCIAL MEDIA
- E. LED TO HER PUTTING HER ACCOUNTS ON PRIVATE
- ~~F. SOCIAL MEDIA CAN BE LIBERATING, ENRICHING AND FUN~~**
- G. STAY OFF THE PHONE A LOT
- H. THAT I FELT OTHER PEOPLE WOULD LIKE
- I. THAT I LATER DELETED
- J. THERE WAS NO OTHER REASON WHY
- K. THERE WERE A FEW REASONS WHY
- L. USING SOCIAL MEDIA AND THEIR SMARTPHONES
- M. WITHOUT PHONES AND THE INTERNET BEING KEY FACTORS

GAP	0	17	18	19	20	21	22	23	24	25
LETTER	F									
	✓									

