



Junta de Andalucía
Consejería de Educación y Deporte

Pruebas Específicas de Certificación 2019/2020

Mediación

NIVEL C1 | INGLÉS

Apellidos:

Nombre:

Alumno/a OFICIAL del grupo:

Indica el nombre de tu profesor/a-tutor/a:

Alumno/a LIBRE.

INSTRUCCIONES

- Duración máxima: 45 minutos.
- Este prueba consta de dos tareas. En cada una deberás leer un texto, comprender la situación que se explica y reformular las ideas del mismo adaptadas a dicha situación y, sobre todo, a la persona que necesita de tu intervención.
- En cada tarea obtendrás 40 puntos como máximo por cada corrector, en función a la rúbrica de calificación.
- Recuerda que debes utilizar estrategias de mediación adecuadas, así como estructuras gramaticales, léxicas y funcionales propias del nivel para expresarte con tus propias palabras. Evita reproducir literalmente partes del texto dado.
- Solo se admitirán respuestas escritas con bolígrafo azul o negro.
- Por favor, no escribas en los espacios sombreados destinados a la calificación de las tareas.

PUNTUACIÓN

/ 160

NOTA FINAL

/ 10

CALIFICACIÓN

Superado

No Superado

TASK 1

A friend of yours has recently mentioned to you that he was thinking about including coconut oil in his/her diet, but he/she was not sure whether to do it or not. You happen to read this abstract about one study on coconut oil titled: "Are we going nuts on coconut oil" published by the National Center for Biotechnology Information. Explain the main ideas of this text to your friend using your own words.

Note: Mediation exercises require you to write a short text that goes to the point. Try not to reproduce exact sentences from the input text. Don't go over the word limit.

Write between 70 and 80 words.

Are we going nuts on coconut oil?

Abstract

PURPOSE OF REVIEW:

Sales and consumption of coconut oil have been on the raise due to effective marketing strategies. Coconut oil is stated to offer various benefits including weight loss, improvement in immunity, heart health support, and memory enhancement. Also, it is often portrayed as an excellent source of medium chain triglycerides (MCTs). Here, we review the evidence behind the clinical utility of coconut oil consumption.

RECENT FINDINGS:

Several studies consistently showed consumption of coconut oil increases low-density lipoprotein cholesterol (LDL-C) and thereby could increase adverse cardiovascular health. Even though coconut oil has relatively high MCT concentration, the clinical benefits of commercial MCT oils cannot be generalized to coconut oil. Until the long-term effects of coconut oil on cardiovascular health are clearly established, coconut oil should be considered as a saturated fat and its consumption should not exceed the USDA's daily recommendation (less than 10% of total calorie intake).

KEYWORDS:

Coconuts; Ketogenic diets; LDL-C; Lauric acid; MCTs; Virgin coconut oil

Source: <https://www.ncbi.nlm.nih.gov/pubmed/29974400>



MARK / 80

TASK 2

Your foreign flatmate has been given this flyer (see page 3) in the street but he does not quite understand what it means. Explain to your flatmate the information that the flyer is conveying.

*Note: Mediation exercises require you to write a short text that goes to the point. **Try not to reproduce exact sentences from the input text.** Don't go over the word limit.*

Write between 70 and 80 words.

MARK

/ 80

Composting Protects the Climate

Food scraps in landfills generate methane, a greenhouse gas with a global warming potential 84x more potent than CO₂ in the short term.

INCINERATORS ALSO EMIT CLIMATE POLLUTANTS

...but when converted into compost and applied to the land, compost sequesters carbon.

One research project found that ½ inch of compost applied to rangeland sequestered the equivalent of **1 metric ton of CO₂e/hectare over three years.**

This level of sequestration on half of California's rangeland would offset **42 million metric tons of CO₂e**, which is equal to the annual greenhouse emissions from California's commercial and residential energy sectors.