



Castilla-La Mancha

Consejería de Educación, Cultura y Deportes

PRUEBAS TERMINALES ESPECÍFICAS DE CERTIFICACIÓN DE NIVEL

INGLÉS C1

JUNIO 2018

LEER

INSTRUCCIONES PARA LA REALIZACIÓN DE ESTA PARTE:

- **DURACIÓN:** 55 minutos.
- **PUNTUACIÓN:** La calificación de APTO se obtendrá con el 50% de respuestas correctas.
- A cada respuesta acertada le corresponderá un punto. Las respuestas erróneas no descontarán puntos.
- Esta parte consta de tres tareas.
- Lea las instrucciones al principio de cada tarea y realícela según se indica.
- Las respuestas escritas a lápiz no se calificarán.
- No está permitido el uso del diccionario.
- **NO ESCRIBA NADA EN LAS ÁREAS GRISES.**

ESCRIBA A CONTINUACIÓN LOS SIGUIENTES DATOS:

APELLIDOS:				
NOMBRE:				
DNI:				
GRUPO Y LETRA:	OFICIAL		LIBRE	

CALIFICACIÓN:

--

TAREA 1

You are going to read part of a newspaper article about energy drinks. Six sentences (and an example) have been removed from the article. Choose from the sentences A-H the one which best fits each gap. There is one extra sentence which you do not need to use. When you have finished, transfer your answers to the ANSWER BOX. The example is at the beginning (0).

ENERGY DRINKS HAVE MORE SERIOUS SIDE EFFECTS LEFT UNDER-RESEARCHED, FINDS REPORT

Mental health problems and risk-seeking behaviour linked with the caffeinated drinks

(0).....
..... While they cause tooth decay, poor sleep and weight gain, the study published in *Frontiers in Public Health* said too much research had in the past focused on the effect of caffeine and sugar, instead of the possible harmful effects of other ingredients often found in energy drinks.

The researchers are now calling for governments to bring in laws tackling energy drinks specifically.

(1).....
..... The assistant professor of nutrition at the Harvard School of Public Health added: "The caffeine amount at which these symptoms may occur is lower for children and adolescents than for adults, making the high content of caffeine in energy drinks so concerning for younger age groups."

(2).....
.....

(3).....
..... Additionally, "some studies have found evidence for an association between energy drink consumption and mental health, including stress, anxiety, depressive symptoms, and suicidal ideation, plan or attempt," the report said.

(4).....
..... A typical 500 ml can of energy drink contains around 54g, it added. Excessive sugar consumption is linked to a host of health problems, including Type-2 diabetes and The British Heart Foundation recommends consuming a maximum of 30g a day — making one can almost double the daily recommended intake.

(5).....
..... While consuming up to 400mg of caffeine a day is generally considered safe and even beneficial for health among adults, there has not been enough research conducted on children and teenagers, the report said.

(6).....
..... Further research is needed into these stimulants, the report stated.

(Adapted from *The Independent*)

- A. Meanwhile, some energy drinks contain as much as 207mg of caffeine per 2oz, according to the review.
- B. "The excess caffeine may contribute to cardiovascular outcomes, such as increased blood pressure," the study's co-author Josiemer Mattei, told Yahoo Lifestyle.
- C. For this reason, many alcoholic drinks companies are targeting this age group in promotion of energy drinks combined with alcohol.
- D. There are a host of other ingredients contained in energy drinks including guarana, taurine and ginseng, about which relatively little is known.
- E. One US study of secondary school students conducted between 2010 and 2011 found significant associations between how regularly the pupils drank energy drinks and the frequency with which they drank alcohol, smoked cigarettes and used drugs.
- F. As a result the report stated that "policy makers should consider creating a separate regulatory category for energy drinks, setting an evidence-based upper limit on caffeine, restricting their sales, and regulating existing marketing strategies, especially among children and adolescents."
- G. One of the potentially harmful ingredients in many energy drinks was sugar.
- ~~H. There is emerging evidence that energy drinks can be linked to kidney damage, poor mental health and risk-seeking behaviour, including substance abuse, according to a new report.~~

ANSWER BOX

QUESTION	0	1	2	3	4	5	6
ANSWER	H						

Puntuación 1: ____/6

TAREA 2

Read the text and choose the best option (A, B or C) to answer each question. When you have finished, transfer your answers to the ANSWER BOX. Only one answer is correct. Question 0 has been done as an example.

A BREATH OF FRESH AIR

The psychologist and writer Oliver James explains how a simple piece of advice from the aviation industry can help the sandwich generation balance the needs of children, parents and themselves

(Paragraph 1) Many of my clients are “sandwich carers”, caught between the generations above and below. They’ll be worrying about their children’s educations and dealing with all the normal emotional and financial issues that teenagers bring. On top of this, many of these people will be caring for elderly relatives, some of whom may have health problems. They give their all – but this “sandwich” can be a very stressful place and those in it can find themselves pulled in many different directions at once. Putting simple, practical changes in place can make everything much easier to manage, but where do you start?

The temptation, of course, is to put the needs of your children and parents ahead of yourself. But here I find that it’s helpful to invoke a piece of advice from the airline industry. That is: “Put your own mask on before helping others.” In other words, if you try to help your children and relatives first, you may pass out and not be able to help anyone. Jane, a client of mine, is a typical sandwich carer. With her husband, Toby, she has two teenage children. She also has a 73-year-old father who has had a stroke, is suffering from dementia and needs increasing care. Jane now regrets moving to her almost-unaffordable London family home, because her parents live the other side of town. Weekends are spent navigating the delights of the M25.

Jane and Toby (not their real names) are sandwiched not just between the generations, but between the twin demands of time and money. To say that they are time-starved would be a weak euphemism for the frenetic reality of their situation. When I asked Jane if she ever managed to get any me-time, she looked surprised – it has been seven years since she and Toby had a holiday alone together. However, it is their finances which consume most of their energy and attention. In financial terms, more than 40 per cent of sandwich carers characterise themselves as being at “breaking point”, according to a report from the Centre for Policy on Ageing in 2015.

For Jane and Toby, their joint income may be above the national average (currently around the £40,000 mark), but add in their mortgage to all the necessities for a modern family, along with saving for holidays and education fees and pensions, and there is little left should they need to support their parents. I meet many people like this and they are often affected by anxieties, mainly about money. So the first thing that needs doing here is to help the person put on their own mask. You might help them work on basic financial planning. Often, just doing this will result in a rapid improvement in the person’s well-being. Money goes from being something that controls them to something they control.

Equally crucial was helping Jane (and indirectly Toby) to start to control their problems with time by getting back some precious space for themselves. This was much trickier. Both Jane and Toby were suffering from what is known as ego depletion.

When people spend too much time on activities that they really don’t want to do, but have to, it runs down their reserves of self-control. In hundreds of studies, such ego-depleted people are more at risk of impulsive, temporary gratifications. Once Jane understood about ego depletion she realised that she had to start finding time for herself. She started to share the burden of caring for her parents with her brothers and sisters, who had been happy to leave that to her.

Then she insisted that neither she nor Toby work at weekends. They even managed a weekend together in Barcelona. Of course, their children and parents continued to need support and help. But once Jane and Toby had put on their own masks, they were far better placed to help and to live happier lives themselves.

- 0. In the first paragraph, the author claims that ...
 - A. looking after elderly parents is more stressful than looking after young children
 - B. some easy solutions can help improve the problems of the sandwich generation.
 - C. the sandwich generation does not worry enough about elderly parents.

- 1. In the second paragraph, a piece of advice from the aviation industry is used ...
 - A. to convince us you must meet your needs before looking after other people.
 - B. to help Jane find some medical treatment for her father.
 - C. to suggest Jane should move closer to her parents.

- 2. In the third paragraph, Jane and Toby are presented as ...
 - A. having none of the problems of an average sandwich couple.
 - B. managing to have enough time together on their own.
 - C. being really time-starved.

- 3. In the fourth paragraph, the author argues that Jane and Toby ...
 - A. will be perfectly capable of dealing financially with their parents' needs.
 - B. are not able to put aside any money to fund their old age,
 - C. earn more money than most.

- 4. The author claims that ...
 - A. financial planning is not in any way effective until you carry out all its recommendations.
 - B. financial planning will make Jane and Toby save a lot of money.
 - C. just doing some financial planning will make you feel better.

- 5. In the fifth paragraph, what point does the author make about money and time demands?
 - A. Both are extremely important.
 - B. It was harder to help Jane control her money than her time.
 - C. Time demands are never as important as money demands.

- 6. Before Jane's brothers and sisters started helping her to look after their parents, they had ...
 - A. been too young to help.
 - B. felt relieved at not being asked to help.
 - C. helped Jane financially.

ANSWER BOX

QUESTION	0	1	2	3	4	5	6
ANSWER	B						

Puntuación 2: _____/6

TAREA 3

Read the text below and decide which answer (A, B or C) best fits each gap. Only one answer is correct. When you have finished, transfer your answers to the ANSWER BOX. There is an example at the beginning (0).

BEFORE HISTORY – BEGINNINGS

I believe that there is a positive value in presenting world history to the general public. The first question we must ask ourselves when writing a book like this is: When does history begin?

It is tempting (0) ‘In the beginning’, but like many obvious answers, this soon turns out to be (1)..... . As a great Swiss historian once (2) out in another connexion, history is the one subject where you *cannot* begin at the beginning. If we want to, we can (3)..... the chain of human descent back to the photosynthetic cells which (4) at the start of life itself. We can go back further (5), to the formation of this planet and even to the almost unimaginable origin of the universe. Yet this is not ‘history’.

Common sense helps here: history is the story of mankind, of what it has done, suffered or enjoyed. We all know that dogs and cats do not have histories, (6) human beings do. Even when historians write about a natural process (7) human control, such as the ups and downs of climate, or the spread of disease, they do so only because it helps us to understand why men and women have lived (and died) in some ways (8) than others.

(Adapted from *The Penguin History of the World*)

- | | | |
|----------------------|------------|-------------|
| 0. A <u>to reply</u> | B reply | C replying |
| 1. A helpful | B helpless | C unhelpful |
| 2. A drew | B pointed | C signed |
| 3. A figure | B trace | C track |
| 4. A laid | B lie | C lied |
| 5. A even | B more | C still |
| 6. A despite | B however | C while |
| 7. A beyond | B out | C over |
| 8. A instead | B rather | C usual |

ANSWER BOX

QUESTION	0	1	2	3	4	5	6	7	8
ANSWER	A								

Puntuación 3: ____/8

Puntuación 1	Puntuación 2	Puntuación 3	TOTAL

TAREA 1

428 words

Nov 21, 2017

Adapted from *The Independent*

ENERGY DRINKS HAVE MORE SERIOUS SIDE EFFECTS LEFT UNDER-RESEARCHED, FINDS REPORT

QUESTION	0	1	2	3	4	5	6
ANSWER	H	B	F	E	G	A	D

Mental health problems and risk-seeking behaviour linked with the caffeinated drinks

~~(0) There is emerging evidence that energy drinks can be linked to kidney damage, poor mental health and risk-seeking behaviour, including substance abuse, according to a new report. While **they** cause tooth decay, poor sleep and weight gain, **the study** published in *Frontiers in Public Health* said too much research had in the past focused on the effect of caffeine and sugar, instead of **the possible harmful effects** of other ingredients often found in **energy drinks**.~~

The researchers are now calling for governments to bring in laws tackling energy drinks specifically.

(1) "The excess caffeine may contribute to cardiovascular outcomes, such as increased blood pressure," the study's co-author Josiemer Mattei, told Yahoo Lifestyle. The assistant professor of nutrition at the Harvard School of Public Health added: "The caffeine amount at which these symptoms may occur is lower for **children and adolescents than for adults, making **the high content of caffeine** in energy drinks so concerning for younger age groups." (2) As a result the report stated that "policy makers should consider creating a separate regulatory category for energy drinks, setting an evidence-based upper limit on caffeine, restricting their sales, and regulating existing marketing strategies, especially among children and adolescents."**

(3) One US study of secondary school students conducted between 2010 and 2011 found significant associations between how regularly the pupils drank energy drinks and the frequency with which they drank alcohol, smoked cigarettes and used drugs. Additionally, "some studies have found evidence for an association between energy drink consumption and mental health, including stress, anxiety, depressive symptoms, and suicidal ideation, plan or attempt," the report said.

(4) One of the potentially harmful ingredients in many energy drinks was sugar. A typical 500 ml can of energy drink contains around 54g, it added. Excessive sugar consumption is linked to a host of health problems, including Type-2 diabetes and The British Heart Foundation recommends consuming a maximum of 30g a day — making one can almost double the daily recommended intake.

(5) Meanwhile, some energy drinks contain as much as 207mg of caffeine per 2oz, according to the review. While consuming up to 400mg of caffeine a day is generally considered safe and even beneficial for health among adults, there has not been enough research conducted on children and teenagers, the report said.

(6) There are a host of other ingredients contained in energy drinks including guarana, taurine and ginseng, about which relatively little is known. Further research is needed into these stimulants, the report stated.

TAREA 2

685 words Sep 24, 2017

Adapted from *The Guardian*

A BREATH OF FRESH AIR

QUESTION	0	1	2	3	4	5	6
ANSWER	B	A	C	C	C	A	B

The psychologist and writer Oliver James explains how a simple piece of advice from the aviation industry can help the sandwich generation balance the needs of children, parents and themselves

(Paragraph 1) Many of my clients are “sandwich carers”, caught between the generations above and below. They’ll be worrying about their children’s educations and dealing with all the normal emotional and financial issues that teenagers bring. On top of this, many of these people will be caring for elderly relatives, some of whom may have health problems. They give their all – but this “sandwich” can be a very stressful place and those in it can find themselves pulled in many different directions at once. Putting simple, **(0) practical changes in place can make everything much easier to manage**, but where do you start?

The temptation, of course, is to put the needs of your children and parents ahead of yourself. But here I find that it’s helpful to invoke a piece of advice from the airline industry. That is: “Put your own mask on before helping others.” In other words, **(1) if you try to help your children and relatives first, you may pass out and not be able to help anyone**. Jane, a client of mine, is a typical sandwich carer. With her husband, Toby, she has two teenage children. She also has a 73-year-old father who has had a stroke, is suffering from dementia and needs increasing care. Jane now regrets moving to her almost-unaffordable London family home, because her parents live the other side of town. Weekends are spent navigating the delights of the M25.

Jane and Toby (not their real names) are sandwiched not just between the generations, but between the twin demands of time and money. **(2) To say that they are time-starved would be a weak euphemism for the frenetic reality of their situation**. When I asked Jane if she ever managed to get any me-time, she looked surprised – it has been seven years since she and Toby had a holiday alone together. However, it is their finances which consume most of their energy and attention. In financial terms, more than 40 per cent of sandwich carers characterise themselves as being at “breaking point”, according to a report from the Centre for Policy on Ageing in 2015.

(3) For Jane and Toby, their joint income may be above the national average (currently around the £40,000 mark), but add in their mortgage to all the necessities for a modern family, along with saving for holidays and education fees and pensions, and there is little left should they need to support their parents. I meet many people like this and they are often affected by anxieties, mainly about money. So the first thing that needs doing here is to help the person put on their own mask. **(4) You might help them work on basic financial planning. Often, just doing this will result in a rapid improvement in the person’s well-being**. Money goes from being something that controls them to something they control.

(5) Equally crucial was helping Jane (and indirectly Toby) to start to control their problems with time by getting back some precious space for themselves. This was much trickier. Both Jane and Toby were suffering from what is known as ego depletion.

When people spend too much time on activities that they really don’t want to do, but have to, it runs down their reserves of self-control. In hundreds of studies, such ego-depleted people are more at risk of impulsive, temporary gratifications. Once Jane understood about ego depletion she realised that she had to start finding time for herself. **(6) She started to share the burden of caring for her parents with her brothers and sisters, who had been happy to leave that to her**.

Then she insisted that neither she nor Toby work at weekends. They even managed a weekend together in Barcelona. Of course, their children and parents continued to need support and help. But once Jane and Toby had put on their own masks, they were far better placed to help and to live happier lives themselves.

TAREA 3

213 words Adapted from Roberts, J.M. (1990) *The Penguin History of the World Penguin Books*

BEFORE HISTORY – BEGINNINGS

QUESTION	0	1	2	3	4	5	6	7	8
ANSWER	A to reply	C unhelpful	B pointed	B trace	B lie	C still	C while	A beyond	B rather

I believe that there is a positive value in presenting world history to the general public. The first question we must ask ourselves when writing a book like this is: When does history begin?

It is tempting **(0) to reply** ‘In the beginning’, but like many obvious answers, this soon turns out to be **(1)unhelpful**. As a great Swiss historian once **(2) pointed** out in another connexion, history is the one subject where you *cannot* begin at the beginning. If we want to, we can **(3) trace** the chain of human descent back to the photosynthetic cells which **(4) lie** at the start of life itself. We can go back further **(5) still** to the formation of this planet and even to the almost unimaginable origin of the universe. Yet this is not ‘history’.

Common sense helps here: history is the story of mankind, of what it has done, suffered or enjoyed. We all know that dogs and cats do not have histories, **(6) while** human beings do. Even when historians write about a natural process **(7) beyond** human control, such as the ups and downs of climate, or the spread of disease, they do so only because it helps us to understand why men and women have lived (and died) in some ways **(8)rather** than others.