



Castilla-La Mancha

Consejería de Educación, Cultura y Deportes

# PRUEBAS TERMINALES ESPECÍFICAS DE CERTIFICACIÓN DE NIVEL

**INGLÉS C1**  
SEPTIEMBRE 2017

**LEER**

## INSTRUCCIONES PARA LA REALIZACIÓN DE ESTA PARTE:

- **DURACIÓN:** 60 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 dos tareas.
- Leer las instrucciones al principio de cada tarea y realizarla según se indica.
- Las respuestas escritas a lápiz no se calificarán.
- No está permitido el uso del diccionario.
- **NO ESCRIBIR NADA EN LAS ÁREAS GRISES.**

ESCRIBIR A CONTINUACIÓN LOS SIGUIENTES DATOS:

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

**CALIFICACIÓN:**

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**TAREA 1**

Read the following text. For questions 1-8, choose the correct answer (A, B, C or D). When you finish, transfer your answers to the ANSWER BOX. 0 is the example.

**ALL CHANGE IN THE AISLES TO ENTICE US TO EAT MORE VEG**

Scientists to give supermarkets a makeover to cut meat consumption. *By Robin McKie, science editor*

British shoppers are to become the subject of an experiment aimed at making them eat their greens. Oxford academics have teamed up with supermarket chiefs to persuade consumers to buy less meat.

The project, in which Sainsbury's is a key collaborator, is being funded as part of a £5m Wellcome Trust programme, Our Planet, Our Health, which aims to improve human health in a world going through profound climatic change. Eating more vegetables and fruit and less red meat will benefit people's health and the environment, say researchers.

In the project, to be launched this week, Oxford University scientists will work with Sainsbury's executives in a programme that will see supermarkets redesigned. Proposals include: placing vegetarian alternatives on the same shelves as meat products; giving vouchers and loyalty points to shoppers who choose vegetarian products; and providing recipes and leaflets that outline how shoppers can eat less meat. Sainsbury's said its stores, superstores and online shopping service – would be used in trials.

The move to take specific steps to get people to eat more vegetarian food comes in the wake of a study, published in the Proceedings of the National Academy of Sciences in the US last year, which concluded that eating less meat could reduce global mortality by 6-10% and cut greenhouse gas emissions by 30-70%. "The food system is responsible for more than a quarter of all greenhouse gas emissions, of which up to 80% are associated with livestock production," say the experts. Cattle and sheep are responsible for a significant proportion of these emissions. Meat production requires the use of huge amounts of pesticide, fertiliser, fuel, feed and water, and at the same time it releases significant greenhouse gases and toxic chemicals.

In recent years, links between eating meat and disease have also become well-established. "Red meat is high in saturated fats and that is not good for us," said Susan Jebb, professor of diet and population health at Oxford University. "The consumption of meat is also linked to cancer and cardiovascular disease. Most advice suggests that we should eat around 70g a day. However, most people eat a lot more than that. We have to cut that amount, and persuade people to eat more fruit and vegetables instead."

The trend to eat less meat is already established among UK consumers, though researchers stress further reductions are still needed. "Shoppers can now choose from a much greater variety of produce than they did in the past, especially when it comes to fruit and vegetables," said Judith Batchelar, director of brand at Sainsbury's. "That gives them a greater opportunity to make meat-free choices, which is what we are seeing today. The question is: how can we take that further."

One move has been to make online offers in which customers who have just bought certain products are offered the chance to buy a healthier, more planet-friendly alternative. "We also use the plinths at the end of store aisles for promotions for foods that inspire – spaghetti and lasagne sheets made from vegetables, for example," said Batchelar.

Other innovations would include no longer devoting certain aisles solely to vegetarian versions of popular foods – sausages or pies, for example – but instead placing these items beside their meat equivalents. More free recipes using vegetarian alternatives could be displayed, while loyalty point bonuses for non-meat produce could also be promoted. "There are all sorts of things we can do," Batchelar said, "but we need to do them on a scientific basis, and that is what this project will provide."

*(Adapted from www.theguardian.com)*

<p><b>0.</b></p> <p><b>Oxford academics and some UK supermarkets have joined to ...</b></p> <p><b>A. <u>discourage people from purchasing red meat.</u></b></p> <p>B. experiment with supermarket design.</p> <p>C. increase vegetarian options.</p> <p>D. promote healthy eating.</p>	
<p><b>1.</b></p> <p><b>The project is intended to ...</b></p> <p>A. benefit people’s health and the planet.</p> <p>B. increase supermarket sale figures.</p> <p>C. make supermarkets environmentally friendly.</p> <p>D. stop climate change.</p>	<p><b>2.</b></p> <p><b>Customers will be given leaflets with ...</b></p> <p>A. detailed information on the project.</p> <p>B. recipes of vegetarian dishes.</p> <p>C. some advice on how to cut down on meat.</p> <p>D. warnings against eating red meat.</p>
<p><b>3.</b></p> <p><b>Sainbury’s will contribute to the project through its ...</b></p> <p>A. online shopping service and physical stores.</p> <p>B. online shopping service.</p> <p>C. physical stores.</p> <p>D. superstores.</p>	<p><b>4.</b></p> <p><b>According to experts, greenhouse gas emissions would decrease if ...</b></p> <p>A. more people lived longer.</p> <p>B. people consumed less food.</p> <p>C. people consumed less meat.</p> <p>D. people stopped consuming meat.</p>
<p><b>5.</b></p> <p><b>The main source of greenhouse gases emitted by the food system is ...</b></p> <p>A. fuel.</p> <p>B. livestock production.</p> <p>C. pesticides.</p> <p>D. toxic chemicals.</p>	<p><b>6.</b></p> <p><b>Sainsbury’s wants people to ...</b></p> <p>A. add vegetables and fruit to their meat intake.</p> <p>B. become vegetarians.</p> <p>C. lower their meat intake.</p> <p>D. replace their excess meat intake with vegetables and fruit.</p>
<p><b>7.</b></p> <p><b>Researchers claim the tendency towards consuming less meat in the UK is ...</b></p> <p>A. far from being consolidated.</p> <p>B. fully consolidated.</p> <p>C. in need of an extra effort.</p> <p>D. rather a wish than a reality.</p>	<p><b>8.</b></p> <p><b>The vegetarian display will be ...</b></p> <p>A. mixed with the meat display.</p> <p>B. put on additional shelves.</p> <p>C. restricted to the end-of-aisle plinths.</p> <p>D. separate from the meal display.</p>

**ANSWER BOX**

<b>QUESTIONS</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>ANSWERS</b>	<b>A</b>								

**TAREA 2**

Read the following text containing tips. Match the headings A-N with their corresponding tip 1-10. There are three headings that you do not need to use. When you finish, transfer your answer to the ANSWER BOX. 0 is the example.

**TIPS FOR RIGHT BEFORE YOU GO ON STAGE TO DELIVER A TALK**

The weekend before a TED conference, each speaker rehearses their talk in the TED theater. It's a chance for the speakers to get to know the space, for our curators to give last-minute suggestions on talk content, and for our speaker coaches to give advice to help each speaker feel their absolute best the day of their talk. During this time, we overheard coaches like Gina Barnett give her helpful advice to the participants.

We asked Gina Barnett, longtime TED speaker coach and author of the book *Play the Part: Master Body Signals to Connect and Communicate for Business Success* to share her expertise with the general public. Here are her tips:

**I. STAY HYDRATED**

0. If you tend to get dry mouth, start drinking water 15 minutes before you go on stage. Why? Because the microphone will pick up that sticky, clicky sound. "When you close your mouth, don't let your tongue hit the roof of your mouth," Barnett offers a pro tip to avoid popping audio, "Imagine a half of a plum on your tongue, which will keep a vacuum from forming."

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1. Barnett warns that negative self-talk can become a self-fulfilling prophecy. So don't stand backstage thinking, "What if I mess up?" Think more like an athlete before a big game, she says. Psych yourself up with phrases like, "I'm so excited!" "It'll be great!" "I can't wait to share this idea!" Basically, whatever key phrase makes you feel happy. "Even just thinking the word 'YES!' over and over – feel how the thought enters your body and boosts your confidence," she says.

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2. Don't try to contain all your nervous energy. Let it move through you and energize you for your talk. Stretch your muscles while you're waiting on stage if it helps. Shake your hands out. Barnett remembers one TED speaker who found a private corner backstage to put on headphones and dance – and the speaker walked onstage feeling like a rockstar.

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3. What should you do if you feel the panic of nerves? "Breeeeathe," says Barnett, extending the sound. "We're often not aware of how shallow our breath becomes when we're nervous or stressed." The exercise Barnett recommends: "Take three or four conscious, evenly-paced, smooth inhalations and exhalations. Let the belly go and let the breath go all the way down your abdomen. This can center your energy and focus your thoughts."

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4. On stage, people often deal with adrenaline by unconsciously swaying or shifting their weight from foot to foot. This is not good. "Repetitive movements are distracting and set up a lullaby pattern in the audience's brain," says Barnett. The best way to make sure you aren't doing this? Rehearse in front of people, who can point it out to you. And also rehearse out loud in front of a mirror to self-diagnose.

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**5.** “You can walk,” but not pace. You can step forward and or back, but not rock.” These are as bad as swaying, they create that lull. Barnett has a great tip for how to make sure that you move in a way that adds to your talk rather than detracts from it. “Practice moving to make a new point,” she says. “Try coming closer to the audience when the content of your talk calls for it.” One technique she likes for this – rehearse while standing on newspapers spread out on the floor. You’ll be able to hear you movement as the paper crunches so you can really move “with intention and purpose.”

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**6.** Merge your tone with the topic of your speech, says Barnett. Don’t deliver great news in a monotone voice or serious news too excitedly, as this will distract the audience. Barnett recommends going through your script and tagging what each piece of news means. By doing that, you can focus on how your tone can strengthen the message, rather than undermine what you are trying to get across.

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**7.** Everyone has an accent – at least, when someone else is listening. Luckily, TED has a global audience and is very comfortable with hearing different varieties of speech. That said, speakers can make their accents more accessible to listeners all over the world. Barnett’s advice: keep your opening sentences slow and over-enunciated, so the audience can adapt to the way you speak.

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**8.** Before you go on stage, you should “focus out.” Barnett explains: “Pick anything – like the color green – and look all around you to see where you spot it in the room. Or pick an object to observe. Notice what shoes people are wearing, or who’s wearing a watch. Or paying attention to how light reflects off surfaces.” Doing something like this will shift the focus from what’s going on in your body and mind to something outside. It can definitely help you relax.

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**9.** As Barnett says, “The TED audience – as big, scary and remote as they may seem – is totally on your side. They want you to have a good time up there, they want to hear your ideas, even if they don’t agree with them, and they want you to succeed.” Enough said.

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**10.** You may forget a word; someone may drop something backstage; there might be a technical difficulty. Take a moment, breathe deeply and just accept it. As one TED speaker laughed today as her slides spiraled out of order in rehearsal: “It’s just about having fun, right?”

*(Adapted from <http://blog.ed.ted.com>)*

**HEADINGS**

- A. ADJUST TONE TO SUBJECT
- B. BE OK ABOUT THE UNEXPECTED
- C. BEWARE OF REPETITIVE MOTION
- D. DON'T STAND STILL ON STAGE
- E. EXPLORE AROUND YOU
- F. FOCUS ON YOUR BREATH WHEN YOU FEEL THE ADRENALINE
- G. GIVE PEOPLE A CHANCE TO ADJUST TO YOUR ACCENT
- H. PREPARE MENTALLY FOR THE TALK
- I. REMEMBER THE AUDIENCE LIKES YOU
- J. RESPECT YOUR AUDIENCE
- K. SOFTEN YOUR ACCENT DURING THE TALK
- ~~L. **STAY HYDRATED**~~
- M. TURN NERVES INTO FUEL
- N. USE MOVEMENT INTENTIONALLY

**ANSWER BOX**

TIPS	0	1	2	3	4	5	6	7	8	9	10
HEADINGS	I										

Puntuación 2: \_\_\_\_/10

TAREA 1	TAREA 2	PUNTUACIÓN TOTAL
		/ 18

**TAREA 1**

*ALL CHANGE IN THE AISLES TO ENTICE US TO EAT MORE VEG*

*ANSWER BOX*

<b>QUESTIONS</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>ANSWERS</b>	<b>A</b>	<b>A</b>	<b>C</b>	<b>A</b>	<b>C</b>	<b>B</b>	<b>D</b>	<b>C</b>	<b>A</b>

**TEXT** (*All change in the aisles to entice us to eat more veg*)

Scientists to give supermarkets a makeover to cut meat consumption. *By Robin McKie, science editor*

British shoppers are to become the subject of an experiment aimed at making them eat their greens. Oxford academics have teamed up with supermarket chiefs **to persuade consumers to buy less meat (0)**.

The project, in which Sainsbury's is a key collaborator, is being funded as part of a £5m Wellcome Trust programme, Our Planet, Our Health, **which aims to improve human health in a world going through profound climatic change (1)**. Eating more vegetables and fruit and less red meat **will benefit people's health and the environment (1)**, say researchers.

In the project, to be launched this week, Oxford University scientists will work with Sainsbury's executives in a programme that will see supermarkets redesigned. Proposals include: placing vegetarian alternatives on the same shelves as meat products; giving vouchers and loyalty points to shoppers who choose vegetarian products; and providing recipes and **leaflets that outline how shoppers can eat less meat (2)**. Sainsbury's said **its stores, superstores and online shopping service – would be used in trials (3)**.

The move to take specific steps to get people to eat more vegetarian food comes in the wake of a study, published in the Proceedings of the National Academy of Sciences in the US last year, which concluded that **eating less meat could reduce global mortality by 6-10% and cut greenhouse gas emissions by 30-70% (4)**. "The food system is responsible for more than a quarter of **all greenhouse gas emissions, of which up to 80% are associated with livestock production (5)**," say the experts. Cattle and sheep are responsible for a significant proportion of these emissions. Meat production requires the use of huge amounts of pesticide, fertiliser, fuel, feed and water, and at the same time it releases significant greenhouse gases and toxic chemicals.

In recent years, links between eating meat and disease have also become well-established. "Red meat is high in saturated fats and that is not good for us," said Susan Jebb, professor of diet and population health at Oxford University. "The consumption of meat is also linked to cancer and cardiovascular disease. Most advice suggests that we should eat around 70g a day. However, **most people eat a lot more than that. We have to cut that amount, and persuade people to eat more fruit and vegetables instead.**" (6)

**The trend to eat less meat is already established among UK consumers, though researchers stress further reductions are still needed (7)**. "Shoppers can now choose from a much greater variety of produce than they did in the past, especially when it comes to fruit and vegetables," said Judith Batchelar, director of brand at Sainsbury's. "That gives them a greater opportunity to make meat-free choices, which is what we are seeing today. The question is: how can we take that further."

One move has been to make online offers in which customers who have just bought certain products are offered the chance to buy a healthier, more planet-friendly alternative. "We also use the plinths at the end of store aisles for promotions for foods that inspire – spaghetti and lasagne sheets made from vegetables, for example," said Batchelar.

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(Retrieved from <https://www.theguardian.com/lifeandstyle/22.01.2017/all-change-supermarket-aisles-more-veg-sainsburys-cut-meat-consumption>, 22/01/2017, adapt., 612 words)

**TAREA 2**

*TIPS FOR RIGHT BEFORE YOU GO ON STAGE TO DELIVER A TALK*

*ANSWER BOX*

<b>TIPS</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>HEADINGS</b>	<b>L</b>	<b>H</b>	<b>M</b>	<b>F</b>	<b>C</b>	<b>N</b>	<b>A</b>	<b>G</b>	<b>E</b>	<b>I</b>	<b>B</b>

**TEXT** (*Tips for right before you go on stage to deliver a talk*)

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*(Retrieved from <http://blog.ted.com/a-ted-speaker-coach-shares-11-tips-for-right-before-you-go-on-stage/> - 14/02/2016, adapt., 900 words)*