

MATERIA: **INGLÉS**

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NOTAS:

- 1) - El examen se hará en las hojas que se entregan a tal efecto, **no en este documento** impreso.
- 2) - No hay que volver a copiar las preguntas. **Solamente poner el número y/o la letra**, y contestar.
- 3) - Se puede responder en el orden que se quiera.
- 4) - En la pregunta 2, además de contestar TRUE o FALSE, **es obligatorio aportar la prueba del texto**. Esto es, **copiar literalmente** la línea o partes del texto que justifican la respuesta.
- 5) - En la pregunta 4 hay que **volver a escribir las 4 oraciones**, ordenadas y completas. No se trata de numerar o señalar con flechas.
- 6) - En la pregunta 5 **sólo se contestará una opción**. Si se elige la B, hay que trazar un gráfico como el que aparece al pie de la pregunta y rellenarlo convenientemente.

Read the following text and answer the questions below

The truth about getting fit	
5	<p>These days you frequently see people on the street anxiously looking at their <u>wrist</u> to see if they are on target to reach the magic 10,000 steps. But is it really a goal worth <u>striving for</u>, or might there be something better? And where did that figure come from?</p> <p>You might be surprised to hear it was the result of a 1960s marketing campaign in Japan. Just before the 1964 Tokyo Olympics, a company invented a <u>device</u> which it started selling to the general public. The inventor, Dr. Yoshiro Hatano, was worried that the Japanese were getting lazy, and he wanted to help them to be more active. He thought that if people increased their daily steps from 4,000 to around 10,000, they would <u>burn off</u> approximately 500 extra calories a day and remain <u>slim</u>. The device was called a Manpo-Kei. In Japanese, "man" means 10,000, "po" means steps and "kei" means meter. So it was, literally, a 10,000 steps meter. That, apparently, was how the "10,000 steps a day" regime was born.</p>
10	
15	<p>It was clearly a great marketing success. But is it the most effective way to improve our fitness?</p>
20	<p>Dr. Rob Copeland from Sheffield Hallam University did an experiment to compare the benefits of doing 10,000 steps against something called, "Active 10". With "Active 10" you don't need to count steps. You simply go for three <u>brisk</u> 10-minute walks a day. Volunteers were divided into two groups. One group had to try to complete the 10,000-step target every day, while the other group did three sessions of "Active 10".</p>

	Dr. Copeland analysed the data from their tracking monitors and he said the findings were very clear.
25	"The Active 10" group actually did 30% more 'moderate to vigorous physical activity' than the 10,000-step group. So even though they spent less time actually moving, they spent more time getting out of breath and increasing their heart rate. And it's when you are doing moderate intensity activity that you are starting to get the greatest health benefits, such as lowering your risk of diabetes, cardiovascular disease and some cancers."
30	So, three short brisk walks are better for your health than achieving 10,000 steps a day.

GLOSSARY

Line 1 - wrist: muñeca

Line 3 - strive for: hacer un esfuerzo para conseguir algo

Line 6 - device: aparato; artilugio

Line 10 - burn off: quemar

Line 11 - slim: delgado

Line 18 - brisk: enérgico

1.- Based on the text, answer the following questions using your own words as far as possible. (2 points)

- a) – Why did Dr. Hatano invent the Manpo-Kei?
- b) – Why is “Active 10” better for your health than the 10,000 steps regime?

2.- Say whether the following statements are TRUE or FALSE according to the text. Copy the evidence from the text. (1 point)

- a) – Many people today are obsessed with counting the number of steps they take during the day.
- b) – “Active 10” counts how many steps you take in a 10 minute walk.

3.- Choose the correct answer. (2 points)

1) – I thought there was at home because lights were on and I could hear noises inside.

- A – something / / any
- B – somebody / the / some
- C – someone / any / any
- D – some / / some

2) – I this week’s holiday in Fuerteventura. I normally there every Easter because I the beaches there.

- A – am spending / go / love
- B – spend / go / am loving
- C – am spending / am going / love
- D – spend / am going / love

3) – We at the table when the waiter “We have got fruit salad of chocolate mousse. would you like?”, he said.

- A** – sat / was arriving / which **B** – were sitting / were arriving / what
C – sat / arrived / what **D** – were sitting / arrived / which

4) – I the windows all morning, but the rain they still dirty.

- A** – have been cleaning / because of / look **B** – have cleaned / because / are
C – clean / thanks to / are looking **D** – have been cleaning / for / are

5) – next weekend, I’m planning to go to Madrid. the day, I would like to visit the Reina Sofia Museum and night I will certainly go out with my friends. We’re meeting Atocha Station 11.00pm.

- A** – / in / on / in / to **B** – at / in / on / at / at
C – the / during / in / in / on **D** – / during / at / at / at

6) – She.....to Japanese classes..... more than a month, but she..... Hello.

- A** – has been going/ since / cannot even say
B – has gone / for / can even say
C – has gone / since / doesn’t say even
D – has been going / for / can’t even say

7) – The children in the park for only thirty minutes when it raining.

- A** – had been playing / started **B** – had been playing / had been starting
C – played / had started **D** – were playing / started

8) – London is not city in the world; it is than New York.

- A** – the most expensive / cheaper **B** – the more expensive / more cheap
C – the expensivest / cheaper **D** – the most expensive / most cheap

9) – My brother 18 years old next month. Let’s go to a nice place and have a big party to celebrate,?

- A** – will be / should we **B** – is going to be / will we
C – is / should we **D** – will be / shall we

10) – If you me her mobile phone number, I her as soon as I home.

- A** – give / call / got
B – give / am calling / will get
C – will give / will call / got
D – give / will call / get

4.- Match both columns to make FOUR grammatically correct and meaningful sentences. (2 points)

I've got the day off work tomorrow. How about	they decided to have lunch together.
Despite their complicated relationship,	call me before 8.00am, will you?
By the time Jane arrived,	spending the day in the city?
I need to rest, so don't	the meeting had already finished.

5.-A - Write a composition of about 100 words beginning with:

Ten years ago, I went abroad for the first time...(3 points)

Or

B - Read the following sentences and put them in order to make a paragraph about Jake LaMotta's biography. (3 points)

A.- In the lead up to the filming for Raging Bull in 1980, LaMotta spent nearly a year personally training De Niro to box in a New York City gym. After the film debuted, he expressed puzzlement as to why he had allowed his life to be depicted.

B.- Jake LaMotta, the uncompromising fighter portrayed by Robert De Niro in Raging Bull, was born on 10 July 1922 to Italian parents in the Bronx area of New York City.

C.- His rough style, and strong chin, made him one of the most famous fighters in boxing during the 1950s at a time when boxing was one of the nation's most popular sports.

D.- LaMotta first won national recognition two years after joining the professional boxing circuit, when he beat Sugar Ray Robinson in 1943.

E.- In his late teens, he took up boxing after being rejected by the US military due to a medical condition.

F.- "Then I realised it was true. That's the way it was... It's not the way I am now, but it's the way I was then."

G.- "When I saw the film I was upset. I kind of look bad in it," he told a reviewer.

Orden	1 ^a	2 ^a	3 ^a	4 ^a	5 ^a	6 ^a	7 ^a
Letra							