



INSTRUCCIONES:

1. El examen contiene un bloque con preguntas sobre un texto, otro bloque de preguntas de gramática y un tercer bloque con ejercicios de expresión escrita:
Bloque 1.- READING COMPREHENSION – El estudiante elegirá SOLO UNO de los textos propuestos, y contestará a todas las preguntas formuladas.
Bloque 2.- USE OF ENGLISH - El estudiante elegirá y contestará CUATRO ORACIONES de entre las OCHO propuestas en este bloque. Todas las preguntas tienen la misma puntuación.
Bloque 3.- WRITING - El estudiante elegirá y desarrollará SOLO UNO de los ejercicios de expresión escrita, de entre los propuestos en este bloque. Todos los ejercicios tienen la misma puntuación.
2. Si se contestan a más preguntas de las indicadas para cada bloque, el exceso no se corregirá.

PART 1. READING COMPREHENSION: Choose text A or text B and answer the questions 1A-3A or 1B-3B (5 points)

Text A. THE TRUTH BEHIND 7 OF THE BIGGEST HEALTH BELIEFS

Here are some common health beliefs and what science says now – so you can start making better health decisions this year.

1. **“Breakfast is the most important meal of the day”.**
Although there is nothing about the first meal of the day that makes it particularly special, the timing of meals is now recognised as an important factor in weight loss. One study found that those who ate a large breakfast saw greater weight loss than another group who had a smaller breakfast and larger dinner.
2. **“You should walk 10,000 steps a day”.**
10,000 wasn't based on any science when it was used in the 1960s, but it might be good advice. A study released in 2022 found that walking may reduce the risk of an early death from heart disease and cancer.
3. **“You need eight hours of sleep”.**
Some people need eight hours of sleep, while others can get by on seven. But in one of the largest ever sleep studies, started in 2017, people who reported sleeping seven to eight hours performed better cognitively than those who slept more or less than that.
4. **“You should try to eat five portions of fruits and vegetables a day”.**
In general, those who eat more fruits and vegetables may experience decreased levels of stress.
5. **“You need to drink two litres of water a day”.**
Staying hydrated is important, but the recommendation to drink two litres of water a day, while good advice, is not based on hard science. You can also stay hydrated by drinking other drinks, such as coffee, tea, milk, or soft drinks.
6. **“A daily glass of wine is better than not drinking”.**
This belief is based on the idea that people who classify themselves as “moderate drinkers” seem to have a lower risk for some diseases. However, recent research suggests that regular, moderate drinking can still be bad for you: one study found that even one or two drinks a day might reduce the size of your brain.



7. “Red meat is bad for you”.

Red meat was often advised against because it contains a lot of fat – but it’s not as simple as that. Several studies have shown a connection between eating a lot of red meat and an increased risk of certain diseases and illnesses, but it is now believed that this might be confusing, because many studies don’t show the difference between processed (bacon, sausages, burgers, and deli meats) and unprocessed red meat.

*Joel Snape
4 January 2023*

Adapted from The Guardian

1A. Choose the correct answer A, B or C. (3 points, 0.5 each)

1. What benefit can a large breakfast have?
 - A. Gaining weight.
 - B. Losing weight.
 - C. There is no benefit.
2. Does walking improve your health?
 - A. No, walking too much may increase your risk of having some diseases.
 - B. Yes, but it depends on how much you walk each day.
 - C. Yes, it may reduce the probability of dying.
3. How many hours are recommended for better cognitive performance?
 - A. Between 7 and 8 hours.
 - B. Less than 7 hours.
 - C. More than 8 hours.
4. Is it advisable to consume a small amount of alcohol every day?
 - A. No, even having a small amount can be bad.
 - B. Yes, a glass of wine.
 - C. Yes, any type of alcohol.
5. What is the main problem with consuming red meat?
 - A. The amount of fat.
 - B. The risk of suffering some diseases increases.
 - C. Both A and B are correct.
6. What is the main purpose of this text?
 - A. To argument.
 - B. To inform.
 - C. To speculate.

2A. Answer the following questions in no more than 8 words. (1 point, 0.25 each)

1. What is the main benefit of eating fruits and vegetables?
2. How can you keep hydrated?
3. What is the main conclusion of a study related to regular alcohol drinking?
4. How many of the health beliefs are somehow related to scientific studies?

3A. Find a word in the text for each of these definitions. (1 point, 0.25 each)

1. The condition of the body and the degree to which it is free from illness.
2. Especially, or more than usual.
3. To become or make something become smaller in size, amount, degree, etc.
4. A detailed study of a subject, especially to discover new information.

Text B. DETROIT: THEN AND NOW

The city of Detroit, in the USA, was once compared to Paris. It had a broad river, smart streets and historically important architecture. Then, in the 20th century, it became 'Motor City'. For a time, most of the world's cars were made here. There was regular work and a good salary in the motor industry. A worker at one of the car factories could own a home, plus a boat, maybe even a holiday cottage. Some say America's middle class was born in Detroit – new highways certainly made it easy for workers to move from the city centre to the suburbs in the 1950s. But in the early years of the 21st century, Detroit became America's poorest big city.

In less than five decades the once lively Motor City lost more than half its population. It became known as a city that was failing, full of ruined buildings, extensive poverty and crime. Newspapers and magazines told stories of abandoned homes and empty streets. Photographers went to Detroit to record the strange beauty of buildings and city blocks where nature was taking over again. What went wrong in Detroit?

The city is now 69th among US cities for the number of people per square mile. The population fell for several reasons. Partly, it was because people moved to the suburbs in the 1950s. Then there was the shocking rebellion in 1967, which scared more people away from the city. Then there was the dramatic fall in car manufacture as companies like General Motors and Chrysler faced difficulties. And finally, in 2008, came the global financial crisis. Many of Detroit's people were poor – half of the city's families lived on less than 25,000 dollars a year.

In 2013, the city did something unusual: it declared itself bankrupt. It was the largest city bankruptcy in US history, at approximately 18-20 billion dollars. Now that the city is free of debt, it has money to do some of what needs to be done. It has replaced about 40,000 streetlights so that places feel safer. The police arrive in answer to calls in less than 20 minutes now, instead of the hour it used to take. And about a hundred empty houses are demolished each week to make space for new buildings. With the nation's biggest city bankruptcy behind it, Detroit is also attracting investors and young adventurers. The New Economy Initiative gave grants of 10,000 dollars to each of 30 new small businesses. It seems that every week a new business opens in Detroit – grocery stores, juice bars, coffee shops, even bicycle makers. Finally, the city is working again.

Adapted from National Geographic

1B. Choose the correct answer A, B or C. (3 points, 0.5 each)

1. How was Detroit known along the 20th century?
 - A. Motor City.
 - B. The Paris of America.
 - C. The poorest city in the USA.
2. What signs suggested that Detroit was a failed city?
 - A. Deteriorated buildings, poor conditions, and criminal activity.
 - B. Growing population and car factories.
 - C. Streets full of homeless people.
3. How many reasons are given in the text to explain the decrease in population?
 - A. Four.
 - B. Three.
 - C. Two.



4. What benefit did replacing streetlights imply?
A. Employment.
B. Safety.
C. Wealth.
5. How long does it take for the police to arrive now?
A. 10 minutes.
B. 20 minutes.
C. 60 minutes.
6. How did the New Economy Initiative help the city's recovery?
A. Demolishing buildings.
B. Establishing new businesses.
C. Providing funds.

2B. Answer the following questions in no more than 8 words. (1 point, 0.25 each)

1. How long did it take for Detroit to lose half of its population?
2. What makes Detroit the 69th city in the USA?
3. What extraordinary action did Detroit take?
4. How often are a hundred of buildings demolished?

3B. Find a word in the text for each of these definitions. (1 point, 0.25 each)

1. A fixed amount of money paid for an employee.
2. To have something that legally belongs to you.
3. The fact of the size, amount, or strength of something getting lower.
4. Close to a particular number or time although not exactly that number or time.

PART 2. USE OF ENGLISH: Choose FOUR of the following statements and rephrase them so that their meaning is as similar to the original as possible. (2 points, 0,5 each)

1. You can't have a bicycle.
You are
2. I don't know her address, so I can't write to her.
But if
3. The shop assistant didn't give us the ticket.
We
4. Shona was sorry she ate so many cakes.
Shona wished
5. "Where did the robbery take place?" the police asked.
The police asked
6. The mechanic is going to repair Peter's car next week.
Peter
7. Listen to her accent. I'm sure she is French.
Listen to her accent. She
8. Venice is a wonderful place. We spent our last holiday there.
Venice

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BLOQUE 3. WRITING: Choose ONE of the following topics and write a 135-180 words long text.

1. Write an OPINION ESSAY about a restaurant.

Describe your favourite restaurant. You can give information about its location, staff, atmosphere, range of food and drink, cost, and overall experience.

2. Write a FORMAL LETTER to the townhall proposing an event to be held in your city.

You live in a town called Stirling. You think that your town should have a special event (for example an exposition, a festival, a sports event, a concert, charity, etc) every year. Describe the event, explain why it would be good for the city, and give details about where, when, and how long it could last.

Details for your letter:

- Addresser: Michael Smith
Address: Aitken Crescent, Stirling FK7 0JX, United Kingdom.
- Addressee: The Major, Mr Mark Irwin.
Address: Dumbarton Rd, Stirling FK8 2QL, United Kingdom.

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CRITERIOS ESPECÍFICOS DE CORRECCIÓN:

- A. Pregunta 1. Elección múltiple. Las seis cuestiones de esta sección pretenden evaluar la comprensión del texto. Se evaluará con un máximo de 3 puntos. (0,5 puntos por cuestión).
- B. Pregunta 2. Semiabierta. Se valorará la comprensión específica del texto. Habrá cuatro cuestiones a responder en un máximo de ocho palabras cada una, valorándose la respuesta correcta inequívoca a las mismas. Se evaluará con un máximo de 1 puntos. (0,25 puntos por cuestión).
- C. Pregunta 3. Semiabierta. Las cuatro definiciones tienen como objetivo evaluar la riqueza léxica. Se valorará la habilidad de encontrar en el texto las palabras cuyas definiciones se ofrecen. Se evaluará con un máximo de 1 punto. (0,25 puntos por cuestión).
- D. Pregunta 4. Reformulación. Con carácter general no existe más de una reformulación correcta que, como se pide en el enunciado de la pregunta, mantenga el significado de la expresión original. De manera excepcional podrían considerarse reformulaciones alternativas, solo las contenidas en la plantilla de soluciones de la prueba. Se valorará con un máximo de 2 puntos. (0,5 puntos por cuestión).
- E. Pregunta 5. Abierta. Se valorará la expresión escrita desarrollando un tema con una extensión de 135-180 palabras. Los géneros podrán ser los siguientes: ensayo, artículo, carta formal, e-mail semi-formal o informe. Se utilizará la siguiente rúbrica de evaluación con un máximo de 3 puntos distribuidos de la siguiente manera:
- 1. Adecuación/cohesión: tratar el tema con riqueza de ideas y que éstas sean relevantes. Atender al formato, registro y número de palabras adecuados, así como a la secuenciación y organización de ideas y argumentos, uso de conectores, puntuación y comprensión lectora (1 punto).
 - 2. Corrección: corrección morfosintáctica, léxica y ortográfica (1 punto).
 - 3. Riqueza: variedad, riqueza y precisión gramatical y léxica (1 punto).
 - La no realización de la tarea exigida (o de una tarea distinta a la exigida), así como una respuesta inferior a 135 palabras, no se valorará, procediendo a calificar esta pregunta con 0 puntos