

INGLÉS

OPCIÓN A

Read the text and the instructions to the questions very carefully. Answer all the questions in English.

Probiotic products are healthy foods that contain good bacteria, and some of them are among the best-selling foods in supermarkets. Probiotic foods and drinks contain types of bacteria that naturally colonise your intestines and help you digest food, though we may not like eating them so much.

The theory is that by putting these 'friendly' bacteria into our system, we fight the bad bacteria and help promote the natural balance of micro-organisms in our digestive system. This, it is said, helps digestion. There is also a theory that probiotics can help your immune system — some scientists believe that our immune system suffers in our super-clean homes, and that introducing good bacteria helps it. Because of this, there is evidence that they may improve those illnesses associated with the immune system, such as psoriasis and asthma.

Some of this is supported by studies, particularly in the area of intestine health. Recent studies have supported the theory that the bacteria in probiotics can make the immune system stronger. A paper presented at the European Influenza Conference indicated that probiotics, combined with vitamin and mineral supplements, could reduce the duration of some common illnesses. And then another study showed that people taking probiotics took fewer days off work than a group who took no probiotics, especially in night workers.

So far, studies on their effects on eczema, asthma and cholesterol have not produced good results, but the potential role of friendly bacteria in promoting digestive health is irrefutable. Our digestive health may be affected if we don't eat them.

Questions

1. Write a summary of the text in English, including the most important points, using your own words whenever possible. (maximum 50 words, 1 point)
2. Find words or phrases in the text that correspond in meaning to the words and definitions given here. (1 point; 0.25 each)
 - a) assimilate and absorb.
 - b) without any dirt at all.
 - c) make something better.
 - d) diseases.
3. Complete the second sentence of each pair so that it has the same meaning as the first one (2 points: 0.5 points each):
 - a) By feeding these 'friendly' bacteria into our system, we fight the bad bacteria.
If we ...
 - b) Probiotics can help your immune system.
Your immune system ...
 - c) We may not like to eat them so much.
We may not enjoy ...
 - d) Our digestive health may be affected if we don't eat them.
Unless ...
4. Answer the following questions in your own words. (2 points: 1 point each):
 - a) According to some people, what conditions can be helped by probiotics and how?
 - b) What foods do you eat? Are they healthy?
5. What other things (apart from eating healthy foods) do you do to keep yourself healthy? (Approximately 120 words; 3 points)

INGLÉS

OPCIÓN B

Read the text and the instructions to the questions very carefully. Answer all the questions in English.

Vocabulary: Figure skating = patinaxe artística / patinaje artístico

Skating was a mode of transportation for war and hunting in Northern Europe: it was a quick way to cross frozen lakes, rivers and streams. Skates were first made from bones, and later from iron and steel. By the 16th century, skaters were transporting goods across frozen waterways. Thus, like other winter sports, figure skating grew from necessity.

In 1892, the International Skating Union was founded. Six years later, the first official event was celebrated, and the Union's organisers hoped it might soon become an Olympic sport. After a great deal of work over the next decade, figure skating was added to the Olympic programme for the 1908 Games.

There are four Olympic Figure Skating events: women's singles, men's singles, pairs, and ice dancing. The singles event consists of two sections: the short programme, and free skating. The short programme combines eight prescribed elements such as a number of jumps. In the free skating programme, skaters perform original techniques to music of their choice. As judges deduct points for too many or too few jumps, a balanced programme is important. The pairs event also consists of a short programme and free skating. The couple works as a unit, performing many manoeuvres.

In ice dancing, the focus is on the complex steps in time with the music, in which the skaters maintain physical contact with each other. Ice dancing consists of three sections: compulsory, original, and free dances. In compulsory dancing, the couple must perform one pre-determined dance. Original dances must follow selected rhythms, although the pair can choose their own music and interpretative steps. In free dancing the pair freely express their interpretation of the music they have chosen.

Questions

1. Write a summary of the text in English, including the most important points, using your own words whenever possible (Maximum 50 words, 1 point).
2. Find words or phrases in the text that correspond in meaning to the words and definitions given here. (1 point; 0.25 each)
 - a) Extremely cold
 - b) Rivers or streams
 - c) "Carry out" or "do"
 - d) Pair
3. Complete the second sentence of each pair so that it has the same meaning as the first one(s) (2 points: 0.5 point each):
 - a) Skaters were transporting goods across frozen waterways.
Goods ...
 - b) The International Skating Union was founded. Six years later, the first official event was celebrated.
Six years after ...
 - c) As judges deduct points, a balanced programme is important.
If judges didn't
 - d) Ice dancing consists of three sections.
There are ...
4. Answer the following questions in your own words, as far as possible. (2 points: 1 point each):
 - a) How was it possible for figure skating to be added to 1908 Summer Olympic Games?
 - b) What is the main difference between the "free skating" and "free dancing" on the one hand, and the rest?
5. Some people want to exclude your favourite sport from the Olympic Games. Write an argument for its inclusion. (Approximately 120 words; 3 points)

6. LISTENING TEST (1 point)

In this interview with Nobel Peace Prize winner Wangari Maathai you are going to hear some new words. Read and listen to them. Make sure you know what they mean.

Become = convertirse / convertirse
Environment = entorno / medio / medio ambiente
Drought = seca / sequía
Poverty = pobreza
Resources = recursos
Survive = sobrevivir
Development = desenvolvimiento / desarrollo

Here is the beginning of the interview.

Interviewer: Wangari Maathai, winner of the 2004 Nobel Peace Prize, is the mother of the Green Belt Movement, responsible for mobilizing thousands of women to plant 30 million trees across Kenya over the last three decades. Her environmental movement, which she created in the face of dictatorships, helped to make a great change in Kenya.

Here is an example of a question:

What did the Green Belt Movement do?
They stopped a cruel dictatorship in Kenya.
They organized the planting of millions of trees.
They stopped thousands of women planting trees.

The correct answer is: "They organized the planting of millions of trees".

Ready? Now read the rest of the questions and alternative answers before listening to the interview.

(2-minute pause)

Now listen to the rest of the interview. You will hear it three times. Write the correct answer in your exam notebook (cuadernillo). Write the complete answer, not a letter. You must not write more than one answer for each question.

(Tapescript)

Now you will hear the text again.

(Tapescript)

Now you will hear the text for the last time.

(Tapescript)

That is the end of the Listening test. Write your answers in your examination notebook (cuadernillo) if you have not already done so. Then you can go on with the rest of the examination.

Questions

1. Wangari Maathai is in the Kenyan government as the ...

Minister of organization and education.

Minister for the environment.

Minister for the planting of trees.

2. According to Wangari Maathai, what do trees give to the people of Kenya?

They give them basic foods.

They give food for their animals.

They give homes to the people.

3. Which of the following is true?

The movement started by planting trees and then it became a political movement.

They were helped by the Kenyan government to become a political movement.

They planted more trees in Kenya in the first few days than in the next 30 years.

4. Now she is a minister in the government, and ...

she can now play with her children in the park.

she has been able to create more parks in cities.

she has not been able to create a healthier environment.

5. Wangari Maathai believes that ...

if there is peace people do not worry about the environment.

there is no connection between the environment and peace in America.

there is a connection between the environment and peace.

6. In America they have ...

internal peace and democracy.

an equal distribution of resources.

a great sense of responsibility.

7. Where have there been conflicts about water?

Between Sudan and Kenya.

Between Israel and Palestine.

In both places.

8. According to Wangari Maathai, humans should ...

exploit the animals.

respect the animals

create a good environment for the animals.

9. Which of the following is true, according to Wangari Maathai?

Animals need us more than we need animals.

We were created before the other animals.

We need the other animals in order to survive.

10. The river near her home...

is cleaner now than it was when she was young.

gives water for people to drink all the year.

was more pure and clean when she was young.

Exemplos de resposta / Soluciones

LISTENING TEST

1. When she watched pop and rock programmes on TV. 2. When she was at school. 3. When she is lying in bed at night.
4. After finding a fabric she likes. 5. No, but she uses her own ideas and style.
6. Practically never: she doesn't have time. 7. People who have to be careful of what they spend.
8. She sometimes uses cheaper fabrics. 9. People, surprisingly, like to help each other.
10. She is very positive about her experience.

POSSIBLE ANSWERS SEPTEMBER 2010

OPCIÓN A

1. Probiotic foods are bought by many people. They are healthy because they contain good bacteria which fight illnesses, for example in our intestines. They also make our immune system stronger, so psoriasis, influenza and asthma may improve. People return to work sooner as they suffer these illnesses for less time.
2. a) digest b) super-clean c) improve d) illnesses
3. a) If we feed these "friendly" bacteria into our system, we (will / can / Ø) fight the bad bacteria.
b) Your immune system can be helped by probiotics.
c) We may not enjoy eating them so much.
d) Unless we eat them, our digestive health may be affected.
4. a) Some conditions that are helped by probiotics are bad digestion, a poor immune system, influenza, asthma and psoriasis. Probiotics introduce good bacteria, which fight the bad bacteria, and improve the immune system.
b) I always eat a lot of foods like fish, fruit, vegetable and brown bread, which are good for me because they contain a lot of vitamins and make me strong. Unfortunately, I also eat chocolate, cakes and biscuits, which have too much fat and sugar, and besides I drink 2 litres of Coca-Cola every day. I need to be more careful about what I eat!
5. I try to sleep eight hours every night, which makes me feel good during the day, and I never need to sleep a siesta in the afternoon. When I go out at night, especially at the weekend, I always avoid things such as alcohol and drugs, because they can ruin your health for ever. I sometimes practise sports such as swimming, football and running, but only once or twice a week, as I don't have much free time. If I have to go shopping, I never take the bus but always walk, even if it's a long way. In this way I think I do enough to keep healthy, and I feel fit, so in my opinion I'm doing the things I should.

OPCIÓN B

1. Skating started in Northern Europe many centuries ago and was a way of transporting things. It became an international sport in 1892 and an Olympic sport in 1908. There are different kinds of events, singles, pairs and ice dancing, some of which are chosen by the skaters while others are compulsory.
2. a) frozen b) waterways c) perform d) couple
3. a) Goods were being transported across frozen waterways (by skaters).
b) Six years after the International skating Union was founded, the first official event was celebrated.
c) If judges didn't deduct points, a balanced programme would not be important.
d) There are three sections in ice dancing.
4. a) They were able to include figure skating in the 1908 Olympic Games because International Skating Union, which had been founded in 1892, worked hard for a decade.

Exemplos de resposta / Soluciones

b) "Free skating" and "free dancing" are different from the rest because they are more original: in these the skaters can choose the music and their interpretation of it.

5. I think it would be a mistake to exclude football from the Olympic Games. Some people say there is already a World Cup for football, so we don't need it in the Olympic Games, but I think more people will watch the Games if there is football because it is the most popular sport in the world. Also, it is a good idea because Spain will probably win a gold or silver medal, because we have the best team, and Spain don't usually win many medals. Countries like Brazil, Argentina and Mexico are in the same position. It is a good chance for young players to show their talent, and they can be seen by the managers of Barcelona, Arsenal and other teams.

LISTENING TEST

- 1) Minister for the environment. 2) They give food for their animals 3) The movement started by planting trees and then it became a political movement. 4) she has been able to create more parks in cities. 5) there is a connection between the environment and peace. 6) internal peace and democracy. 7. Between Israel and Palestine. 8. respect the animals. 9. We need the other animals in order to survive. 10. was more pure and clean when she was young.



ENSI
CENTRO DE ESTUDIOS