



DATOS DEL ASPIRANTE:

Apellidos:

Nombre:

**CALIFICACIÓN
EJERCICIO 2**

**EJERCICIO 2 PARTE COMÚN: LENGUA EXTRANJERA: INGLÉS.
(Duración: 1 hora)**

IS CHOCOLATE GOOD FOR YOUR HEALTH?

A new survey suggests chocolate might help brain function in 50- to 70-year-olds. So, does a bar a day keep the doctor away?

The average Briton eats more than 10kg of chocolate a year, nearly 3kg more than the average Belgian, who at least has the excuse of temptation from high-quality confection. So it's encouraging that research, although partly funded by Mars, has found that chocolate is good for the brain.

The study, published in *Nature Neuroscience*, looked at the effects of high-cocoa versus low-cocoa drinks in 37 people aged between 50 and 70. Cocoa contains flavanol, an antioxidant found in plants.

The researchers found that people given cocoa with high levels of flavanols scored better on cognitive tests and had more activity (better blood flow) in the brain area associated with memory. Senior author Dr Scott A. Small told the New York Times: "On average, the improvement of high-flavanol drinkers meant they performed like people two to three decades younger on the study's memory task."

Chocolate has also been found, in some studies, to reduce blood pressure and the risk of stroke. Dark chocolate, with 70% cocoa solids, is the healthiest, since it has little sugar, its fat comes from cocoa butter and it contains iron and magnesium. However, since commercial chocolate contains about 500 calories for every 100g, it's worth rationing it.

So, forget obesity – who wouldn't want to devour enough chocolate to keep their brain working as well as it did 20 years ago?



Read the text and answer the following questions, be careful to follow the instructions for each question

I. READING COMPREHENSION

1. Choose the correct answer: A, B or C (1,5 marks)

1.1 In Britain, people...

- a) Eat nearly 3kg chocolate a year
- b) Eat more chocolate than in Belgium
- c) Don't eat as much chocolate as in Belgium

1.2 The study...

- a) Published in Nature Neuroscience was totally funded by Mars
- b) Looked at the effects of chocolate eating in 50- to 70-year-olds
- c) Found that chocolate has benefits for our brain

1.3 Dark chocolate is better because...

- a) It contains less than 500 calories for every 100g
- b) It doesn't have much sugar
- c) It contains 70% cocoa butter

II. GRAMMAR AND USE OF ENGLISH

2. Put the verbs in brackets in the correct tense (2 marks)

2.1 These days more and more people (take) measures to make sure that they stay healthy.

2.2 If you do exercise regularly, you (soon feel) better.

2.3 I've been very stressed lately so I(put) my name down for yoga classes at the leisure centre.



2.4 We must eat fiber because it (help) our body to digest food.

2.5 If you did some simple things, you (can) have a longer and happier life in the future.

2.6 I (try) to eat healthily for the past months but I (not lose) much weight yet.

2.7 Experts (not agree) on exactly how much we should exercise every day.

3 Rewrite the following sentences so that they keep the same meaning. Use the words given in brackets (1,5 marks)

3.1 The study didn't test anybody under the age of 50 (nobody)

3.2 She couldn't go on with her aerobics classes because she broke her leg (if)

3.3 To practice sport safely, it is essential to use the appropriate equipment (must)

3.4 See that woman in the yellow leotards? She's my aerobics instructor (who)



4 VOCABULARY: Match the words on the left with the meanings listed on the right (1 mark)

High-quality (paragraph 2)
Encouraging (paragraph 2)
Reduce (paragraph 5)
Forget (paragraph 6)

not think about
exceptional
promising
decrease

III. WRITING

Write a paragraph (25 to 50 words) about the benefits and risks that eating chocolate may have for your health: (4 marks)

Criterios de evaluación: Se valorará la comprensión y la expresión escrita, así como el caudal léxico utilizado. Dominio de la capacidad específica objeto de esta prueba.

Criterios de calificación: La calificación de cada cuestión planteada viene expresada en el enunciado de la misma. Si la cuestión dispone de varios apartados se repartirá equitativamente la puntuación máxima asignada a la misma.