

PRUEBAS DE ACCESO A CICLOS FORMATIVOS DE GRADO SUPERIOR.

Orden de 3 de mayo de 2019, (DOE. 8 de mayo) Fecha: 6 de junio de 2019

DATOS DEL ASPIRANTE	CALIFICACIÓN
Apellidos: _____ Nombre: _____ DNI: _____ I.E.S. de inscripción: _____ I.E.S. de realización: _____	Dos decimales

Instrucciones:

Mantenga su DNI en lugar visible durante la realización del ejercicio.

Grabe todas las hojas de respuestas que correspondan a esta prueba junto a esta hoja u hojas de examen.

Lea detenidamente los enunciados de los ejercicios antes de comenzar su resolución.

Firme la lista de control de ENTREGA del examen al entregar esta prueba

Duración 85 minutos.

EJERCICIO DE INGLÉS Parte Específica.

The myth that we need eight glasses of water a day.

Doctors have always known that there is no good evidence for how much we need to drink. So we no longer need to add water. At least not to ourselves in the amount of eight glasses a day as advised by websites and numerous health writers. We should all raise our glasses to Dr. Margaret McCartney, who has revealed what most doctors already know: there is no scientific evidence that we need so much water. None at all.

We humans are pretty good at regulating our own water intake. When we need to replace fluid, there's this highly accurate mechanism called thirst that prompts us to have a drink. And the best drink to have is free, clean tap water.

Ingenious, isn't it? The thirst mechanism is so efficient there's no good evidence for how much we need to drink on average a day. It depends on how active we are, how much water is in the food we've eaten, how hot it is and if we have any medical conditions.

A review by Heinz Valtin, a physiologist from Dartmouth Medical School in the USA, found no references for what's called the 8x8 advice but did find a recommendation from the Food and Nutrition Board of the National Research Council in 1945 saying a lot of fluid is already available in the food we eat. Valtin points out that this message is often forgotten. He measured how much he drank a day and it was about 1 to 1.5 litres.

Drinking extra water is said to reduce urinary tract infections, improve skin tone, help with weight loss (fill up with water first), reduce headaches and fatigue, eliminate constipation and improve

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concentration. There's no robust evidence for any of this. The kidneys are wonderful things (that don't need flushing with lots of water) and will make concentrated urine to save water.

Manufacturers of bottled water may push the message that more water is better. But there's no evidence that bottled water is better than tap water. You can even drink other fluids and they work too (but may have more sugar).

So will you all stop carrying round those little bottles of water and sipping from them during meetings? Because now we know it's all unnecessary, it's going to be even more annoying.

Adapted from Luisa Dillner, guardian.co.uk, 13th July 2011

QUESTIONS

1. Are the following sentences true (T) or false (F)? Use the exact words from the text to justify your answers. (2 points)

1 The amount of water our body needs depends on factors such as our health, our activity or how stressed we are.....

.....

2 The benefits of drinking tap water and bottled water are very similar.....

.....

2. Answer the following questions in your own words, relating to the ideas from the passage. (2 points)

1 Why do you think we should be happy about the information in the text?

.....

2 How do humans regulate the amount of water they need?

.....

3. Find words or phrases in the text that mean: (1 point)

a) Drinking a very small amount of liquid.

b) Make something happen.

c) Possible to obtain.

d) Very strong.

e) Exact.

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4. Use of English. (2 points)

a. Rewrite this sentence in the passive: *"Eating more than five times a day can affect your digestive system"*.

.....
.....

b. Rewrite this sentence using the word in brackets: *"You won't get healthy if you don't eat well and do exercise"* (unless)

.....
.....

c. Rewrite this sentence in reported speech: *"How many glasses of water do you drink a day? The doctor asked me"*.

.....
.....

d. Rewrite these sentences using a relative clause: *"Dr. Valtin is a physiologist from Dartmouth Medical School. He found no references for what it's called the 8x8 advice"*.

.....
.....

5. - Write a composition of 100-120 words on the following: (3 points)

"Having a balanced diet can improve your health"

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Nota: el alumno debe responder en el espacio previsto para ello en cada pregunta.

Criterios de calificación:

El alumno debe responder en INGLÉS a las cinco cuestiones que se plantean.

Cuestión 1: 2 puntos

Cuestión 2: 2 punto

Cuestión 3 : 1 puntos

Cuestión 4: 2 puntos.

Cuestión 5: 3 puntos

Los subapartados de cada pregunta puntúan con el mismo valor