

INGLÉS

INDICACIONES

Si contesta más preguntas de las necesarias para realizar este examen, solo se corregirán las primeras, según el orden en que aparezcan resueltas en el cuadernillo de examen.

**PART 1.** [7 POINTS] Choose **one of the two** options below and follow the instructions to answer the questions.

**Option 1.** Written understanding.

**How Food Influencers Affect What We Eat**

Many of us are lucky enough to have some degree of choice over what we eat, with numerous options available to us whenever we open our fridge. But are the decisions we make about our diet as free as we think? It seems that hunger and choice are not the only factors influencing what we eat. Scroll through social media sites and you will be confronted with picture after picture of perfectly presented and utterly delicious-looking meals. While the actual smell and taste of food has an undeniably powerful effect on us, could endless posts of steaming snacks be equally influential?

Certainly, it appears we're hugely influenced by other people – especially those closest to us – when it comes to what we eat. Research has found that the stronger two people's connection, the more influence they have over each other's food choices. According to Professor Argeseanu, from Atlanta University, "it's all about relationships and comparisons. If I think the person I'm with is more appealing or popular, I'll tend to want to imitate them more. This can mean these social cues generally encourage us to eat more, although being around healthy eaters could encourage you to eat healthier, too."

Our eating habits are also influenced by what we see. "There is some evidence that, if you see pictures of food, this visual stimulation can prompt you to feel a desire to eat", says Suzanne Higgs, a British psychobiologist. Social media is one place where visual and social cues meet. Evidence suggests that if social network friends post regularly about particular types of food, it could lead you to copy them, for better or for worse. And research indicates that social media might be changing our relationship with food, making us think differently about what we eat. "Friends posting pictures of themselves consuming fast food is going to set a norm that eating fast food is what people do", says Higgs.

Research suggests we're more likely to engage with photos of fast food, particularly when the food is high in saturated fat, because it makes us feel good by releasing dopamine and stimulating pleasure centres in the brain. It doesn't help that healthier foods are often seen as boring in comparison, says Tina Tessitore, a food marketing expert. "In advertising, you see unhealthy food in social settings – people having a barbeque with friends, for example, while healthy food often focuses more on the nutritional value. If you saw friends eating salad together, it wouldn't seem so credible".

*www.bbc.com, 7 December 2021 (Adapted)*

**Question 1:** [2 POINTS] Indicate whether the following statements are TRUE or FALSE and write down the sentence or the part of the text that justifies your answer. No points will be given if the evidence is not correct.

- a) You normally encounter many photos of food on your social network accounts.
- b) People who we are closer to tend to influence our food choices less.
- c) Studies show that what we see and read online could be changing our opinions about the food we consume.
- d) We feel better when we see and eat foods which are high in saturated fats.

**Question 2:** [2 POINTS] Choose and answer only TWO of the following questions in your own words according to the text.

- a) What different factors affect our choice of food according to the text?
- b) What two types of people are most likely to influence us on social media and why?
- c) How are different types of food shown differently in photos and how does that affect the viewer?

**Question 3:** [1,5 POINTS] Find words or phrases in the text that correspond to the words given. You only need to have five correct answers to get 1.5 points.

- a) Amount, level (paragraph 1)
- b) Completely (paragraph 1)
- c) Attractive (paragraph 2)
- d) Rule (paragraph 3)
- e) To connect (paragraph 4)
- f) Believable (paragraph 4)

**Question 4:** [1,5 POINTS] Choose the correct option –a, b, c or d– for each question and COPY both the letter and the sentence that follows onto your answer sheet.

1. The text suggests that our personal experience of food...
  - a) has little effect now on what we choose to eat.
  - b) has no effect at all on what we choose to eat.
  - c) is still quite important when it comes to our choice of food.
  - d) is still very important when it comes to our choice of food.
2. The text says that the stimulation we receive through social media photos of food...
  - a) is strictly social in nature.
  - b) is more visual now than it used to be.
  - c) is both visual and social in nature.
  - d) is more social than visual for young people.
3. Images of healthier food options on social media sites...
  - a) tend to be more interesting than those of fast food.
  - b) are often focused on friends at barbecues.
  - c) try to transmit the idea that the food is good for you.
  - d) never show groups of friends having fun.

**[See part 2]**



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## PART 1. Option 2 [7 POINTS] Written understanding

### Tropical Forests Can Regrow In Two Decades Without Human Interference

Tropical forests can regrow surprisingly quickly on abandoned lands, according to a new study that provides fresh insights for climate change mitigation. The research, which was published in the journal *Science* on Thursday, explains that scientists have found that tropical forests have the potential to regrow by about 78 per cent if left untouched by humans for about 20 years. Although tropical forests worldwide have disappeared rapidly due to deforestation, the international team of scientists, including those from Wageningen University in The Netherlands, say these secondary forests can play an important role in climate change mitigation and biodiversity and ecosystem restoration.

Currently, tropical forests continue to be cleared globally to make way for other land uses, including agriculture and livestock grazing. But the gradual abandonment of some of these lands has led to a rapid rise in forest regrowth. To understand how the forest regrowth happens in these lands, researchers analysed patterns of forest recovery in 77 secondary forest sites in the Americas and West Africa. They evaluated 12 features of forests related to soil, plant functioning, ecosystem structure and biodiversity.

The study found that while different attributes recover at different rates, tropical forests can recover quickly — attaining 78 per cent of their old-growth values for these attributes in 20 years, while plant community and species diversity recover in fewer than 60 years. But the researchers added that the recovery for biomass and species composition could take about 120 years to reach 90 per cent of old-growth values, although the near-total recovery of just the soil could happen in less than 10 years.

However, the study also warned that there was “substantial variation” in forest regrowth across the study region. In some areas, lack of seed sources or dominance of certain species affect regrowth, and under such conditions, management practices such as weeding, controlling invasive species, enrichment planting, and the establishment of ecological corridors may be needed to safeguard multidimensional recovery.

The researchers urged countries to nurture the growth of secondary forests as a low-cost, nature-based solution to meet the United Nations “Sustainable Development goals and the United Nations” Decade on Ecosystem Restoration goals. “Secondary forests should be embraced as a low-cost, natural solution for ecosystem restoration, climate change mitigation, and biodiversity conservation”, they wrote in the study.

*The Independent, 11 December 2021 (Adapted)*

**Question 1:** [2 POINTS] Indicate whether the following statements are TRUE or FALSE and write down the sentence or the part of the text that justifies your answer. No points will be given if the evidence is not correct.

- According to the study, regrowth of tropical forests without human intervention could take place in less than a decade.
- The scientists studied forests on more than one continent as part of their research.
- Not all of the forests under study experienced the same rhythm of regrowth.
- The scientists believe that human intervention might sometimes be necessary to maximise regrowth.

**Question 2:** [2 POINTS] Choose and answer only TWO of the following questions in your own words according to the text.

- Can you explain the purpose of the study mentioned in the text in your own words?
- What different specific things did the scientists study?
- What suggestions or advice do the scientists give as conclusions to their research?

**Question 3:** [1,5 POINTS] Find words or phrases in the text that correspond to the words given. You only need to have five correct answers to get 1.5 points.

- a) As a result of (paragraph 1)
- b) Increase (paragraph 2)
- c) To Occur (paragraph 3)
- d) Considerable (paragraph 4)
- e) To insist (paragraph 5)
- f) Objectives (paragraph 5)

**Question 4:** [1,5 POINTS] Choose the correct option –a, b, c or d– for each question and COPY both the letter and the sentence that follows onto your answer sheet.

1. The scientists studied...
  - a) seventy-seven characteristics of the secondary forests.
  - b) a dozen characteristics related to the secondary forests.
  - c) seventy-eight percent of the secondary forests' regrowth.
  - d) twelve characteristics related to the trees in the secondary forests.
2. The study suggests that ...
  - a) plant communities take longer to recover than tropical forests.
  - b) plant communities take the same time as tropical forests to recover.
  - c) soil is the slowest element in the recovery process.
  - d) biomass returns completely to normal after 120 years.
3. According to the text, the scientists believe that countries...
  - a) should abandon secondary forests on purpose.
  - b) should stop all deforestation practices to safeguard the forests.
  - c) should never intervene in the natural regrowth processes.
  - d) should encourage and take care of the regrowth of secondary forests.

**PART 2.** [3 POINTS] Written production. Choose ONE of the two options below and write a short essay (120-150 words). Essays up to 200 words won't be penalized.

### Option 1

What are the advantages and disadvantages of a strong social media presence?

### Option 2

"It is imperative that governments try to protect our natural environment before it is too late". Do you agree or disagree with this statement? Give reasons to justify your opinion.



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