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Choose between option A and option B. Specify the option you have chosen.

Please, don't forget to write down your code on each of your answer sheets.

OPTION A

Practical Advice for Healthier, More Sustainable Diets

Concerns about the environment are growing, and experts agree that it is crucial for governments, leaders, and individuals to take action, especially regarding our food choices. This is why health professionals have been offering more and more information about sustainable diets to the general public.

'Sustainable diets' refer to eating habits that are good for the planet and can be maintained over time. However, the concept of sustainability does not only consider the environment but what is good for people, too; in other words, sustainable diets must also take people's health into consideration. According to the Food and Agriculture Organisation (FAO) of the United Nations, a sustainable diet promotes individual health and well-being, has a low environmental impact, is accessible, affordable, and safe.

Making our diet more environmentally friendly involves a few simple steps. First, experts insist that we should try to eat more plant-based foods like beans, vegetables, and grains because meat and dairy production has a much greater impact on the environment. Second, if we avoid wasting food by planning our meals, storing food properly, and finding creative ways to use leftovers, we will also be able to reduce our demand for food production and, consequently, use fewer resources. Third, it is important to choose foods that are produced locally to save the energy used for transporting food, as well as to choose foods that are in season because they require less energy to be produced, which also means they can be bought for less money.

Taking care of your health with a sustainable diet is also simple. Make sure to eat a mix of foods, including fruits, vegetables, whole grains, lean proteins, and healthy fats. This will prevent you from missing important nutrients. Try different protein sources like beans, nuts, and seeds, which are lower in saturated fats and higher in fiber. It is okay to consume some meat, but you should eat smaller portions and do so less often. Lastly, make a serious effort to cut down on highly processed foods: they tend to be less nutritious and have more sodium and sugar in them.

Adopting sustainable diets not only benefits the planet but also supports individual health. And it is much easier to achieve than you think. Through these practical steps, everyone can play a role in creating a healthier and more sustainable world.



OPTION A

I.- Answer 4 out of the following 6 questions according to the information given in the text. **WRITE COMPLETE SENTENCES USING YOUR OWN WORDS WHENEVER POSSIBLE. DO NOT COPY FROM THE TEXT.** (Choose 4 out of the 6 questions) (4 marks)

1. How have health professionals been helping people to take action regarding their food choices?
2. What does the concept of sustainability consider?
3. According to the FAO, besides promoting health and well-being and having a lower environmental impact, what are the other characteristics of sustainable diets?
4. What are the advantages of avoiding food waste?
5. What foods should we choose in order to save energy?
6. Why should we cut down on highly processed foods?

II.- Are these statements **True** or **False**? **Justify** your answers based on information from the text, rewriting the original sentences in your own words or quoting properly. (Choose 2 out of the 3 statements) (2 marks).

1. Plant-based foods are less environmentally friendly than meat and dairy.
2. Eating many different foods will provide you with fundamental nutrients.
3. Meat should never be eaten.

III.- Find the words or expressions in the text that mean: (Choose 4 out of the 6 questions) (1 mark)

1. feelings of worry about something
2. not too expensive, reasonably priced
3. relating to milk and products made using milk
4. in an area near you
5. amounts of food served to people
6. that contains many nutrients

IV.- Write a **composition** of about 130 words on **one** of these topics. Specify your option. (3 marks)

1. "Everyone can play a role in creating a healthier and more sustainable world". Do you agree with this statement? Write an opinion essay about it.
2. Nowadays more and more people shop online. What are the advantages and disadvantages of online shopping? Write a for-and-against essay.



OPTION B

Fitspiration

Fitspiration is a new and popular social media trend that promotes exercise, health, and fitness. Fitspiration involves showing encouraging body images and videos that emphasise the importance of taking up exercise and healthy dietary habits to achieve an athletic body.

Fitspiration began several years after the #thinspiration movement, a trend that considered a thin body as an ideal body image, and it has since gained a huge worldwide following. In fact, more than 90 million related photos and videos were found when searching for #fitspiration and #fitspo on Instagram in April 2023.

Despite the good intentions and the many benefits of the #fitspiration movement, scientific evidence says that it is doing more harm than good. A study with more than 200 participants found that there was a high number of followers who felt stressed by Fitspiration content. One emerging problem related to this content is body dissatisfaction, mainly caused by constant exposure to photos or videos of people with 'perfect' body types. Actually, research has shown that this body dissatisfaction can contribute to mental health problems, including suicidal thoughts, low self-confidence and social isolation.

But body dissatisfaction is not the only negative aspect of this movement. Exercise addiction is also common among Fitspiration followers. Fitspiration encourages the idea of "pushing yourself to the limit", which can lead people to exercise despite being injured or feeling sick and may also cause feelings of guilt when interrupting an exercise routine, even for a necessary rest.

As the physique pursued by Fitspiration followers is often unrealistic and it is also difficult to achieve through natural means, many of them opt for nutritional supplements and unhealthy body-enhancing drugs, which are frequently associated with harmful side effects.

In addition, Fitspiration supporters are increasingly concerned because followers' excessive control over eating habits frequently leads to poor nutrition. Recent studies have found that individuals who are constantly exposed to Fitspiration content are more likely to suffer from anorexia or bulimia.

It is common for some people to use social media for self-confidence and approval. These people are more likely to be negatively affected by movements like Fitspiration. To prevent this from happening, experts advise people to develop the habit of using social media responsibly, to set limits on its use, and to balance life and social media, making an effort to interact with people in real life.



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OPTION B

I.- Answer 4 out of the following 6 questions according to the information given in the text. **WRITE COMPLETE SENTENCES USING YOUR OWN WORDS WHENEVER POSSIBLE. DO NOT COPY FROM THE TEXT.** (Choose 4 out of the 6 questions) (4 marks)

1. What does the Fitspiration movement emphasise in images and videos?
2. Why do many Fitspiration followers feel body dissatisfaction?
3. Why is the idea of “pushing yourself to the limit” dangerous for people?
4. What makes Fitspiration followers opt for nutritional supplements and body-enhancing drugs?
5. What kind of people are more likely to be negatively affected by movements like Fitspiration?
6. According to experts, how could people avoid the negative aspects of movements like Fitspiration?

II.- Are these statements **True** or **False**? **Justify** your answers based on information from the text, rewriting the original sentences in your own words or quoting properly. (Choose 2 out of the 3 statements) (2 marks).

1. Fitspiration is a trend that has many followers.
2. According to recent scientific evidence, Fitspiration is more beneficial than harmful.
3. Fitspiration supporters are not very worried about the way Fitspiration followers eat.

III.- Find the words or expressions in the text that mean: (Choose 4 out of the 6 questions) (1 mark)

1. perfect, most suitable, model
2. something which provides proof for belief or disbelief
3. tense, worried and not able to relax
4. inability to stop using a substance or engaging in a behaviour
5. additional consequences, usually undesirable ones
6. tell somebody what you think they should do

IV.- Write a **composition** of about 130 words on **one** of these topics. Specify your option. (3 marks)

1. New research shows that Millennials and Generation Z now make up 80% of health club members. Are they more concerned than previous generations with how they look? Write an opinion essay on this topic.
2. Nowadays, we are aware of the negative effects of social media, but there are also wonderful things we owe to social media. Do you agree with this statement? Explain.





INGLÉS

I.- Answer 4 out of the following 6 questions according to the information given in the text. **WRITE COMPLETE SENTENCES USING YOUR OWN WORDS WHENEVER POSSIBLE. DO NOT COPY FROM THE TEXT.** (Choose 4 out of the 6 questions) (4 marks)

En esta sección se intenta comprobar la competencia en **comprensión lectora** y la competencia en **expresión escrita** por parte del/de la estudiante, a partir del análisis de un texto genérico y respondiendo a cuatro preguntas de tipo general (*wh-questions*). Las respuestas **serán de producción propia** y formuladas en oraciones completas en cuanto a la expresión y el contenido se basará en las ideas contenidas en el texto.

Se valorará el ejercicio con un máximo de **4** puntos. Cada una de las preguntas valdrá **1** punto, asignándose **0.5** puntos a la comprensión y **0.5** a la expresión. Si la respuesta demuestra evidentemente que el alumno ha entendido ese aspecto del texto, aunque tenga importantes errores de expresión, se le asignará el **0.5** de comprensión y, adicionalmente, se le adjudicarán valores entre **0.0** y **0.5** dependiendo del número y gravedad de los errores de expresión.

Si el/la alumno/a, ignorando las instrucciones del ejercicio, responde a la pregunta copiando literalmente del texto sólo será valorado con **0.25** puntos por respuesta.

En caso de que el/la alumno/a conteste a más preguntas de las que se piden, se corregirán solamente las cuatro primeras que haya escrito.

II.- Are these statements **True** or **False**? **Justify** your answers based on information from the text, rewriting the original sentences in your own words or quoting properly. (Choose 2 out of the 3 statements) (2 marks).

La respuesta debe introducir la expresión "TRUE" o "FALSE" enlazada de forma apropiada y además debe acompañarse de una justificación. El alumnado podrá justificar su respuesta con sus propias palabras tomando evidencia del texto o también citando adecuadamente la frase del texto. Las frases de la respuesta deben ser completas o, en su caso, debidamente enlazadas. En caso de que el alumno decida citar literalmente, debe hacerlo con la puntuación adecuada y acompañando la cita de las expresiones empleadas para introducir el estilo directo.

Cada una de las preguntas valdrá **1** punto, asignándose **0.5** puntos a la comprensión y **0.5** a la expresión. No se valorará un escueto TRUE o FALSE. Cada respuesta completa será valorada con **1** punto y, por tanto, la valoración máxima del ejercicio será de **2** puntos.

Si el/la alumno/a, ignorando las instrucciones del ejercicio, responde a la pregunta citando literalmente del texto sin insertar su cita adecuadamente, será valorado con **0.25** puntos por respuesta.

En caso de que el/la alumno/a conteste a más preguntas de las que se piden, se corregirán solamente las dos primeras que haya escrito.

III.- Find the words or expressions in the text that mean: (Choose 4 out of the 6 questions) (1 mark)

En esta sección el/la alumno/a demostrará su competencia léxica. Se proporcionan sinónimos, definiciones, expresiones, etc. y el estudiante debe encontrar la palabra o expresión que tenga ese significado en el texto. Si es verbo, se mantendrá la misma



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conjugación del texto. Cada respuesta correcta tiene una puntuación de **0.25** y las cuatro respuestas correctas suman, por tanto, **1** punto.

En caso de que el/la alumno/a conteste a más preguntas de las que se piden, se corregirán solamente las cuatro primeras que haya escrito.

IV.- Write a **composition** of about 130 words on **ONE** of the following two topics. Specify your option. (3 marks)

En esta sección se pretende medir la capacidad del/de la estudiante para estructurar sus ideas y darles la expresión adecuada en inglés. El contenido debe ajustarse al tema elegido de entre los dos propuestos.

Si el/la alumno/a escribe menos de 80 palabras, se le penalizará descontándole **0.5** puntos de la puntuación total del ejercicio. Si, por el contrario, su escrito supera las 200 palabras, la penalización será de **0.25** puntos.

El acercamiento a la corrección de esta sección ha de hacerse desde una óptica positiva. Se ha de valorar cuanto de positivo haya podido llevar a cabo el o la estudiante, y no fijarse o anclarse solo en aspectos negativos (errores gramaticales, tipologías textuales, etc.).

Los criterios que a continuación se expresan son orientativos para el corrector/a, queda a su criterio el uso de otras puntuaciones decimales distintas a las abajo sugeridas, incluyendo hasta dos decimales. No se valorará un ejercicio que no responda a ninguno de los dos temas propuestos. Esto no significa que el alumno/a no pueda desarrollar sus propias líneas argumentales, pero siempre dentro de la temática propuesta.

Coherence and cohesion		Lexical richness		Overall correction	
1	The text is very well-structured and highly cohesive.	1	Very appropriate vocabulary and idiomatic expressions.	1	There are basically no significant mistakes.
0,8	The text is very cohesive and properly structured.	0,8	Vocabulary and idiomatic expressions are generally appropriate.	0,8	There are few mistakes and they do not affect text comprehension.
0,6	The text is sufficiently cohesive and structured	0,6	Vocabulary and idiomatic expressions are generally appropriate but sometimes choices are not completely adequate.	0,6	There are some mistakes that may occasionally affect text comprehension.
0,4	The text is only partially structured and/or cohesive.	0,4	Vocabulary and idiomatic expressions are only partially adequate.	0,4	Several mistakes, some of them clearly affecting text comprehension.
0,2	The text has serious structural and cohesive problems.	0,2	Vocabulary and idiomatic expressions are frequently inadequate.	0,2	Numerous mistakes that clearly affect text comprehension.
0	The text is neither structured nor cohesive.	0	Vocabulary and idiomatic expressions are inadequate.	0	A huge number of errors that make text comprehension impossible.



OPTION A

NOTE: **THERE MAY BE DIFFERENT ALTERNATIVES TO THE GIVEN ANSWERS.**
STUDENTS DON'T HAVE TO WRITE THE PARAGRAPHS/LINES WHERE THEY HAVE
TAKEN THEIR ANSWERS FROM.

I.- Answer 4 out of the following 6 questions according to the information given in the text. **WRITE COMPLETE SENTENCES USING YOUR OWN WORDS WHENEVER POSSIBLE. DO NOT COPY FROM THE TEXT.** (Choose 4 out of the 6 questions) (4 marks)

1. How have health professionals been helping people to take action regarding their food choices?

Health professionals have been telling/informing people about sustainable diets. (p.1)

2. What does the concept of sustainability consider?

The concept of sustainability considers both the [impact on the] environment and the health of individuals/people's health. (p.2)

3. According to the FAO, besides promoting health and having a lower environmental impact, what are the other characteristics of sustainable diets?

According to the FAO, sustainable diets must be available to everyone, shouldn't be too expensive/should be reasonably priced, and shouldn't cause any harm.

Alternatively: According to the FAO, sustainable diets shouldn't be dangerous, and everybody should have access to them and be able to pay for one/them. (p.2)

(The order in which the characteristics are listed is irrelevant.)

4. What are the advantages of avoiding food waste?

The advantages of avoiding food waste are that it reduces/reducing the amount of food we need to produce and, therefore, also the number of resources we must use [in order to produce it]/and, therefore, that it saves/saving resources. (p.3)

5. What foods should we choose in order to save energy?

In order to save energy, we should choose foods that are produced near where we live and that are in season/that naturally grow in the current season. (p.3)

6. Why should we cut down on highly processed foods?

We should cut down on highly processed foods because they don't [usually] have as many nutrients, and there is more salt and sugar in them. (p.4)



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II.- Are these statements **True** or **False**? **Justify** your answers based on information from the text, rewriting the original sentences in your own words or quoting properly. (Choose 2 out of the 3 statements) (2 marks).

1. Plant-based foods are less environmentally friendly than meat and dairy.

The statement is FALSE because the text states we should “try to eat more plant-based foods like beans, vegetables, and grains because meat and dairy production has a much greater impact on the environment”. (p.3)

2. Eating many different foods will provide you with fundamental nutrients.

The statement is TRUE because the text states that eating “a mix of foods ... will prevent you from missing important nutrients”. (p.4)

3. Meat should never be eaten.

The statement is FALSE because the text says that “it is okay to consume some meat, but you should eat smaller portions and do so less often”. (p.4)

III.- Find the words or expressions in the text that mean: (Choose 4 out of the 6 questions) (1 mark)

1. feelings of worry about something (*concerns, p.1, l.1*)
2. not too expensive, reasonably priced (*affordable, p.2, l.7*)
3. relating to milk and products made using milk (*dairy, p.3, l.3*)
4. in an area near you (*locally, p.3, l.7*)
5. amounts of food served to people (*portions, p.4, l.5*)
6. that contains many nutrients (*nutritious, p.4, l.7*)

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OPTION B

NOTE: **THERE MAY BE DIFFERENT ALTERNATIVES TO THE GIVEN ANSWERS.**
STUDENTS DON'T HAVE TO WRITE THE PARAGRAPHS/LINES WHERE THEY HAVE
TAKEN THEIR ANSWERS FROM.

I.- Answer 4 out of the following 6 questions according to the information given in the text. **WRITE COMPLETE SENTENCES USING YOUR OWN WORDS WHENEVER POSSIBLE. DO NOT COPY FROM THE TEXT.** (Choose 4 out of the 6 questions) (4 marks)

1. What does the Fitspiration movement emphasise in images and videos?

The Fitspiration movement emphasises how important it is to exercise and eat healthy with the aim/purpose of achieving a fit body. (p.1)

2. Why do many Fitspiration followers feel body dissatisfaction?

Many Fitspiration followers feel body dissatisfaction because they are constantly exposed to images in which people show their 'perfect' bodies. (p.3)

3. Why is the idea of "pushing yourself to the limit" dangerous for people?

The idea of "pushing yourself to the limit" is dangerous for people because it could drive them to/make them exercise when they are injured or not feeling well/feeling ill, and (drive them to/make them) feel guilty if they stop exercising even when they need to rest. (p.4)

4. What makes Fitspiration followers opt for nutritional supplements and body-enhancing drugs?

Fitspiration followers opt for nutritional supplements and body-enhancing drugs because the perfect body they want to achieve is not realistic and is difficult to gain naturally. (p.5)

5. What kind of people are more likely to be negatively affected by movements like Fitspiration?

Individuals who use social media looking for self-trust and others' favourable opinion/'likes'/being popular are more likely to be negatively affected by these movements. (p.7)

6. According to experts, how could people avoid the negative aspects of movements like Fitspiration?

According to experts, people could avoid the negative aspects of movements like Fitspiration by setting limits to its use and by finding a balance between life and social media trying to interact with real people. (p.7)



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II.- Are these statements **True** or **False**? **Justify** your answers based on information from the text, rewriting the original sentences in your own words or quoting properly. (Choose 2 out of the 3 statements) (2 marks).

1. Fitspiration is a trend that has many followers.

This statement is TRUE because, according to the text, since Fitspiration appeared, it has gained a huge number of followers around the world with more than 90 million photos and videos on Instagram, in April 2023. (p.2)

2. According to recent scientific evidence, Fitspiration is more beneficial than harmful.

The statement is FALSE because the text states that “scientific evidence says that it is doing more harm than good”. (p.3)

3. Fitspiration supporters are not very worried about the way Fitspiration followers eat.

This statement is FALSE because the text indicates that “Fitspiration supporters are increasingly concerned because followers’ excessive control over eating habits frequently leads to poor nutrition”. (p.6)

III.- Find the words or expressions in the text that mean: (Choose 4 out of the 6 questions) (1 mark)

1. perfect, most suitable, model (*ideal, p.2, l.2*)
2. something which provides proof for belief or disbelief (*evidence, p.3, l.2*)
3. tense, worried and not able to relax (*stressed, p.3, l.3*)
4. inability to stop using a substance or engaging in a behaviour (*addiction, p.4, l.2*)
5. additional consequences, usually undesirable ones (*side effects, p.5, l.4*)
6. tell somebody what you think they should do (*advise, p.7, l.3*)



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