



Dirección Xeral de Educación, Formación Profesional e Innovación Educativa

Proba de bacharelato. Abril 2016

Exercicio / Ejercicio	1º, de materias comúns / 1º, de materias comunes.
Parte	3
Exame de / Examen de	Lingua estranxeira, Inglés I e II / Lengua extranjera, Inglés I y II.

1º apelido / 1 ^{er} apellido	
2º apelido / 2º apellido	
Nome / Nombre	
DNI	



1. Formato da proba

Formato

- A proba consta de cinco preguntas.
La prueba consta de cinco preguntas.
- A cualificación de cada pregunta aparece a carón de cada unha delas.
La calificación de cada pregunta aparece al lado de cada una de ellas.

Duración

- Este exercicio terá unha duración máxima de 60 minutos.
Este ejercicio tendrá una duración máxima de 60 minutos.



2. Exercicio

Texto 1

The ancient Greek word diaita, from which the word diet derives, means balanced lifestyle, and this is exactly what the Mediterranean Diet is; it is much more than a nutritional pattern. It is a lifestyle that modern science recommends us to adopt for the benefit of our health. It has been passed down from generation to generation for centuries, welcoming and wisely incorporating new foods and techniques.

Food is not, in the Mediterranean, merely nutrients. It can be summed up in a simple sentence from the work of Plutarch, Parallel Lives: "Men are invited not to eat and drink, but to eat and drink together".

There is no doubt that in the Mediterranean, when we talk about the ingredients of the diet, wheat, vines and olive trees, beans, vegetables, fruit, fish, cheeses, nuts, we must also add an essential condiment, perhaps a basic ingredient: sociability.

The Mediterranean Diet is characterized by abundant plant-origin foods such as bread, pasta, rice, vegetables, legumes, fruits and nuts; the use of olive oil as the main source of additional fat, moderate consumption of fish, seafood, poultry, dairy products (yogurt, cheese) and eggs, as well as small amounts of red meat and a daily moderate intake of wine generally at meals. Its importance to the health of individuals is not limited to the fact that it is a balanced diet with a varied and adequate supply of macronutrients. To the benefits, we must add the wealth derived from its antioxidant substances.

TAKEN AND ADAPTED FROM <http://dietamediterranea.com/en/mediterranean-diet/what-is-the-mediterranean-diet/>

1. Write a summary of the text 1 in English, including the most important points, using your own words whenever possible (maximum 50 words, 2 points).

2. Find the words or phrases in the text 1 that correspond in meaning to the words and definitions given here (0.25 point each).

- The way a person lives (paragraph 1).
- One of the things that are used to make a food, a product (paragraph 2).
- A type of plant (such as a pea or bean plant) with seeds (paragraph 3).
- Something that is good for you (paragraph 3).



3. Complete the second sentence of each pair so that it has the same meaning as the first one (0.5 point each).

- Men are invited not to eat and drink, but to eat and drink together.

Plutarch invited us

- We must add an essential condiment to the ingredients of the diet, sociability.

An essential condiment

- The Mediterranean diet is a lifestyle that modern science recommends us to adopt for the benefit of our health.

According to modern science, if we want to benefit our health, we should.....

.....

- Dairy products are made of milk. Yogurt and cheese are dairy products.

Dairy products such.....

4. Answer the following questions in your own words (1 point each).

- What are the ingredients of the Mediterranean diet?

- What is important for the health of individuals?

5. One third of all kids between the ages of 2 and 19 are overweight or obese. Why do you think this is so? Give solutions to this problem (approximately 100 words, 3 points).
