**EJERCICIO 1**

**EDINBURGH CAFÉS**

*From* [*www.tripadvisor.com*](http://www.tripadvisor.com/)

#### Read the texts about different cafés in Edinburgh and choose the correct option A, B, or C for each of the sentences 1 - 10. Only ONE option is correct.

**Water of Leith Café Bistro**

I visited on a weekday at lunch time and had fortunately booked a table, as people were being turned away. Despite the place being busy, we did not feel rushed and service was very friendly. I had a good courgette quiche, followed by a delicious pear and almond cake. The café is family friendly and there were some noisy kids. Very friendly greeting both on the phone and when we got there. Nice atmosphere, tasty menu and the food did not let it down. We all really enjoyed our meal. Great to chat to the chef afterwards. Thoroughly recommend this little gem.

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| **1** | **If you don’t book a table in The Water Leith Café Bistro, you … a table** |
| **A** | may find |
| **B** | can still find |
| **C** | will probably not get |

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| **2** | **The restaurant …** |
| **A** | is very noisy |
| **B** | belongs to a family |
| **C** | accepts families with children |

#### The Haven Café

This little gem is not that easy to find as it is on the shore at Newhaven and not actually in Edinburgh but it is well worth the trip out from the city. It is small and cosy and tables were never free for more that a few minutes. It is clearly a favourite with locals and visitors alike. The food is excellent. We had the all day breakfast which is a comprehensive Scottish breakfast which is full of flavour, freshly cooked and made with fresh local ingredients. Particularly of note is the haggis which is the best I have had in a long time. You get a large cup of tea, bigger than in most cafés, with plenty of milk on the table. The girls behind the counter work very hard to ensure a great eating experience. We will definitely be back.

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| **3** | **The Haven Café is …** |
| **A** | easily found |
| **B** | very popular |
| **C** | small and very modern |

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| **4** | **The Haven Café always uses products from …** |
| **A** | the area |
| **B** | the country |
| **C** | the neighbouring countries |

#### Elephant House

Great little café. Obviously, if you're a big Harry Potter fan, you want to come to where it all started, and that alone is well worth the five-star review. The café itself is not catered specifically to fans (though they do have souvenir mugs and shirts for sale), which is nice, still the same atmosphere as when JK Rowling came here to write, I think. Make sure you check out the toilets if you're a fan, though, and bring your camera and a pen with you. For non-Potter fans, this little café is definitely still worth it. Breakfast was fantastic though a bit pricey. I got the pancakes with bacon, an almond croissant, and some tea. My companions got beans on toast and the full breakfast, respectively, and we all enjoyed our food. It's a nice, quiet atmosphere even for such a now well-known place and we stayed for over an hour. The food sustained us all day, so we ended up not eating "lunch" until almost 4 pm! Make sure you check out the view out the back windows, too, you can see the castle!

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| **5** | **The reviewer recommends a visit to the …** |
| **A** | lavatory |
| **B** | souvenir shop |
| **C** | breakfast room |

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| **6** | **For the reviewer, Elephant House is …** |
| **A** | quite economical |
| **B** | slightly overpriced |
| **C** | good value for money |

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| **7** | **The restaurant also …** |
| **A** | has great views |
| **B** | has friendly staff |
| **C** | used to be an old castle |

#### Ship on the shore

I went to the *Ship* on Saturday, and I have to say that I’m very pleased with the choice. The place is wonderful, it's like having dinner in a restaurant of centuries ago, candle light, foggy windows… super. Scallops and mussels are AMAZING, we've also had a paella which was OK - the fish was very good, the rice however, was overcooked. I tried the crumble pie for dessert. Price is expensive, but fair for the things you'll eat; good quality fish is expensive. I'll definitely come back.

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| **8** | **The restaurant …** |
| **A** | is quite affordable |
| **B** | takes you back in time |
| **C** | serves excellent paella |

#### Wildfire

This is a very small restaurant, with only about 30 places, and not having booked we were very lucky to get a table for two. We had the fish chowder, a steak and steak pie, and all the food was brilliant. Unfortunately, we could not manage a sweet, but they also looked great. The service was attentive and friendly.

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| **9** | **The restaurant …** |
| **A** | has helpful waitressing |
| **B** | specialises in fish dishes |
| **C** | offers a great variety of desserts |

#### Angels with Bagpipes

Fabulous little bar and restaurant. If we had known about it**,** we would definitely have eaten here as the food looked fantastic. Recommended by the lady on the bus tour.

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| **10** | **The reviewers …… here.** |
| **A** | ate |
| **B** | didn’t eat |
| **C** | had eaten |

## EJERCICIO 2

**TOP FIVE WAYS TO GET SMARTER**

*From science.howstuffworks.com*

#### Read the following short texts about TOP FIVE WAYS TO GET SMARTER. Which text contains the following information? Indicate the letter of the paragraph (A-E) where the information is found. Each letter can be used MORE THAN ONCE.

1. **Meditate**

For thousands of years, we've known the benefits of meditation. The practice of meditation can be different for each person, but it generally involves quiet, focused breathing exercises in which the practitioner is able to achieve a state of mental calm. No one can deny the benefits of relaxed, focused breathing. Researchers believe that memory, the length of time you can pay attention to a specific topic and stay focused on it all benefit from meditation. Not surprisingly, some of the world's leading corporations offer meditation classes for their employees.

1. **Exercise your Brain**

The brain, like many parts of the human body, needs regular exercise in order to maintain strength and vitality. Some more common brain strengthening exercises include fun activities like crossword puzzles and Sudoku. Even simply reading this article gives your brain a slight workout. If these ideas are a little too scholarly for you, try simple things like mixing up your routine. Just brushing your teeth with the opposite hand or walking a different way to work forces your brain to work harder than usual, which is ultimately what you want to do.

### Ingest Bacteria

In June 2010, researchers at *The Sage Colleges* presented findings that show certain types of bacteria commonly found made mice "smarter." These mice performed better in maze tests and showed fewer signs of anxiety. The bacteria seem to promote the growth of neurons as well. What is even better is that you can actually ingest them by gardening or even by simply taking a walk through the woods.

### Get some Sleep

Exercises while you’re awake are great and necessary to help improve brain function so you can get smarter. But what about sleep? Not a lot is known about sleep, but we know now that scientists were wrong for years with the belief that the brain simply shuts down during sleep to rest. Research now indicates that the brain may actually do a little organising during sleep. The information from the previous day is catalogued and put in the mental folders so it can make the journey from short-term memory to long-term. So, it makes sense that a good night's sleep can help increase the brain's function and ability to focus.

### Take care of your Body

The human body is all connected, so you can't take care of one part of it without benefiting some other part. Physical exercise is important for good health, for both the body and the brain. Simply increasing your blood flow increases the oxygen and glucose levels in the brain. The coordination it takes to perform exercises also gives the brain a workout, especially. Exercise also means you're fighting sedentary lifestyle.

Food is also important. There are many foods that have been associated with brain health, including fish oil, eggs, protein and dark green vegetables. Green tea, herbal tea and nuts are also good "brain food."

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| **1.** | Fun activities can be helpful. |

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| **2.** | Taking this can help you to be less anxious. |

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| **3.** | It can affect the time you’re able to concentrate. |

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| **4.** | Things go from one part of the brain to another. |

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| **5.** | You can be in contact with them when outdoors. |

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| **6.** | What you eat can make a difference to your brain. |

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| **7.** | Introducing changes in your habits can be helpful. |

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| **8.** | There has been a misunderstanding for some years. |

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| **9.** | Some companies encourage their workers to do this. |

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| **10.** | Your wellbeing depends on both your mental and physical activity. |