



DATOS DEL CANDIDATO	
APELLIDOS:	
NOMBRE:	Nº Documento Identificación:
Instituto de Educación Secundaria:	

LA DURACIÓN ES: 60 Minutos

INSTRUCCIONES GENERALES
<ul style="list-style-type: none">- Mantenga su documento de identificación en lugar visible durante la realización del ejercicio (DNI, pasaporte...).- Lea detenidamente los textos, cuestiones o enunciados antes de responder.- Realice en primer lugar las cuestiones que le resulten más sencillas.- Cuide la presentación y escriba la respuesta o el proceso de forma ordenada y con grafía clara.- Una vez acabado el ejercicio, revíselo meticulosamente antes de entregarlo.- No está permitido la utilización ni la mera exhibición de diccionario, calculadora programable, teléfono móvil o cualquier otro dispositivo de telecomunicación.- Se permite calculadora "no programable" para las cuestiones en que se necesite su uso.- Entregue esta hoja al finalizar el ejercicio.

CRITERIOS DE CALIFICACIÓN
<ul style="list-style-type: none">• Este ejercicio se puntuará entre 0 y 10 sin decimales. En el caso de que al calcular la nota final la suma no resulte un número entero, se redondeará al alza únicamente cuando se alcance las 5 décimas.• Se valorará la comprensión de las cuestiones planteadas, así como la buena presentación.• Se indica a continuación la puntuación de cada una de las cuestiones que constituyen el ejercicio de INGLÉS<ul style="list-style-type: none">Cuestión 1ª.- 2 puntos: 0,4 puntos cada apartado.Cuestión 2ª.- 2 puntos: 0,4 puntos cada respuesta correcta.Cuestión 3ª.- 2 puntos: 0,2 puntos cada espacio correcto.Cuestión 4ª.- 2 puntos: 0,4 puntos cada respuesta correcta.Cuestión 5ª.- 2 puntos: se valorará la coherencia textual, así como la apropiada utilización de las construcciones gramaticales, la ortografía y el vocabulario.

<p>Calificación NUMÉRICA Sin decimales</p> <p>.....</p>



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TEXTO

DON'T LET IT DIE

The Mediterranean diet reflects a way of eating that is traditional in the countries that surround the Mediterranean, but you don't need to travel any further than to your local supermarket to discover its delicious flavours and fresh foods. It's easy to bring the remarkable health benefits and affordable Mediterranean style of eating to your kitchen cupboards, your refrigerator, your oven, and your table every day. Adopting the Mediterranean diet is all about making some simple but profound changes in the way you eat today, tomorrow, and for the rest of your life.

Unesco, which designated the Mediterranean diet an Intangible Cultural Heritage of Humanity item after being petitioned by Cyprus, Croatia, Spain, Greece, Italy, Morocco and Portugal, defines it as a kind of diet that "emphasizes values of hospitality, neighbourhoods, inter-cultural dialogue and creativity, and a way of life guided by respect for diversity."

The Mediterranean Diet is not a diet, as in "go on a diet," even though it is a great way to lose weight and improve your health. It is a lifestyle – including foods, activities, meals with friends and family, and wine in moderation with meals. It has been studied and noted by scores of leading scientists as one of the healthiest in the world. Just as important, the Mediterranean diet is full of wonderfully delicious, flavour-filled dishes and meals.

But the profusion of fast food restaurants in historical city centers along the Mediterranean – where the most popular menu item is often a dish of spaghetti swimming in a pool of industrially produced carbonara sauce – is just one of the signs that a slow but inexorable change is underway: the end of the Mediterranean diet.

(Adapted from <http://oldwayspt.org/programs/mediterranean-foods-alliance/what-mediterranean-diet> and http://elpais.com/elpais/2015/07/14/inenglish/1436884922_083169.html)



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CUESTIONES

1. Answer the questions below based on the text. Give long answers, including subject, verb and complements.

- 1.1. Where is the Mediterranean diet traditional from? (Paragraph 1)

- 1.2. Which countries asked for the Mediterranean diet to be designated an Intangible Cultural Heritage of Humanity? (Paragraph 2)

- 1.3. Which are the two main benefits of following a Mediterranean diet? (Paragraph 3)

- 1.4. Does the Mediterranean diet allow to drink any alcohol? If your answer is affirmative, which type of drink is adequate? (Paragraph 3)

- 1.5. What sign reflects that the Mediterranean diet is slowly disappearing? (Paragraph 4)



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2. Find synonyms in the text for the words below.

- 2.1. DEEP (Adjective) _____ (Paragraph 1)
- 2.2. IMMATERIAL (Adjective) _____ (Paragraph 2)
- 2.3. VARIETY (Noun) _____ (Paragraph 2)
- 2.4. MARVELOUSLY (Adverb) _____ (Paragraph 3)
- 2.5. INEVITABLE (Adjective) _____ (Paragraph 4)

3. Complete the following sentences. Use the appropriate form of the words in brackets when given.

- 3.1. The Mediterranean diet, _____ is one of the _____ (healthy) in the world, is traditional in the countries that surround this sea.
- 3.2. Unesco _____ (choose) the Mediterranean diet an Intangible Cultural Heritage of Humanity in 2010.
- 3.3. My brother loves pasta. It is _____ favourite dish.
- 3.4. If you _____ (eat) junk food, you can _____ (gain) weight. So, stop eating hamburgers and hot dogs right now!!!
- 3.5. How _____ olive oil did you buy at the supermarket?
- 3.6. I _____ (eat) fish three times a week but tonight I _____ (have) an omelette for dinner.
- 3.7. Wine _____ (usually / make) from grapes.

4. Complete the conversation using the phrases in the box

Thank you, but I couldn't eat any more.	How about the main course?
I'd like to try that.	What do you recommend?
Thank you for a really excellent dinner	

CARMEN: Let's order!

PHILIP: I don't know anything about Mediterranean food.

CARMEN: To begin, what about *salmorejo*?

PHILIP: *Salmorejo*? What's that?

CARMEN: It's a cold soup made with bread, garlic and tomato.

PHILIP: _____

CARMEN: _____ The sardines are usually very good here.



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PHILIP: Fine. I'll have them. By the way, this wine is delicious.

CARMEN: Now, what about a dessert?

PHILIP:

CARMEN: Are you sure? Would you like coffee, then?

PHILIP: Yes, that would be very nice.

CARMEN: You are welcome!

5. Write a composition about how to enjoy a healthy life. (Around 50 words)

