

INSTRUCCIONES:

- La prueba consta de cuatro partes: hay que hacer las partes I y II sobre la lectura, elegir 6 frases de rephrasing (parte III) y escribir una redacción eligiendo una opción de las dos propuestas (parte IV).
- Las preguntas deberán ser respondidas en inglés, en el cuadernillo que se entrega.
- No se permite el uso del diccionario ni de ningún otro material didáctico.
- Las faltas de ortografía, gramática y vocabulario penalizarán la nota del ejercicio de redacción (parte IV) hasta -1,5 puntos.
- Duración de la prueba: 1 hora y 30 minutos.

READING

More evidence to ban energy drinks for children

1. The sale of all energy drinks to young people and children in the UK should be banned, says a review of the latest evidence of their effects on health. The study highlighted links to some risks, such as anxiety, stress and suicidal thoughts, that had not been found previously. Additionally, the research found that boys are more likely than girls to consume energy drinks.
5. Now, using this review, 40 health-related organizations have written a letter to the Health Secretary to repeat the call for stricter restrictions on energy drinks. "Many of these drinks contain high amounts of caffeine, as much as between 160-200mg per can in some cases, which doubles the amount found in an average cup of coffee (about 80mg depending on the strength)," the letter says.
Most UK supermarkets have introduced a voluntary ban on selling energy drinks to under-16s. Besides, the drinks' packaging often says they are not suitable for children. Yet, under-18s can easily buy them from corner shops. It is a huge and growing market, up to a third of UK children drink them weekly. Dr Amelia Lake, professor of public health nutrition, who led the review, looked at 57 recent studies of energy drinks and their impact on young people's health in multiple countries. "The evidence is clear: energy drinks are harmful to the mental and physical health of children and young people, as well as their behaviour and education," she said.
- 10.
15. Sleep problems, poor performance at school and an unhealthy diet were also closely related to the use of energy drinks. Dr Lake said that the findings were the best available evidence, although their research could not prove that energy drinks directly caused harm to health. Energy drinks may be linked to health harm because those who consume them frequently are more likely to be unhealthy in other ways – having habits such as smoking or drinking alcohol.
20. Official guidance says people should consume no more than 3mg of caffeine per kilogram of body weight: that's the caffeine equivalent of two espressos in a large can of energy drink. High caffeine content is not recommended for children or pregnant and breastfeeding women. Energy drinks also have a high sugar content, which can damage children's teeth and contribute to obesity if they already eat unhealthily. Some countries, such as Latvia and Lithuania, have already banned the sale of energy drinks to children, but it is too soon to tell what difference the move has made. Other countries like Finland and Poland could adopt similar measures. Health authorities in England and Scotland have not taken any official decision yet.
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Fragment adapted from the BBC, January 2024

PART I. QUESTIONS

READING COMPREHENSION. (2 POINTS) (0.5 points for each correct answer). Add TRUE or FALSE and copy the evidence from the text to support your answer. No marks are given for only TRUE or FALSE. No marks are given for T or F.

1. All youngsters consume these drinks equally. **False.** Boys are more likely than girls to consume energy drinks.
2. The energy drinks industry is not a developing sector. **False.** It is a huge and growing market, up to a third of UK children drink them weekly.
3. Research shows that consuming certain high-caffeine drinks can harm teenagers' well-being and school life. **True.** "The evidence is clear: energy drinks are harmful to the mental and physical health of children and young people, as well as their behaviour and education"
4. Implementing the prohibition of energy drinks in several European countries has proved to be an effective measure. **False.** It is too soon to tell what difference the move has made.

Materia: Inglés

PART II. LEXICON / PHONETICS (2 POINTS):

A. LEXICON. (1 POINT) (0.25 points for each correct answer) Find a synonym for each of the following words.

1. Emphasised: **highlighted**
2. Appropriate: **suitable**
3. Harm, injure: **damage**
4. Excessive weight: **obesity**

B. PHONETICS. (1 POINT) (0.25 points for each correct answer) Answer these four questions.

1. Write one word from the text that includes the diphthong /eɪ/. Write the number of the line where you find this word in the text. **Sale, latest, name, case, say, lake, behaviour, education, related, available, may, weight, made, Lithuania.**
2. How is the “ed” pronounced in **banned**: / t /, / d / or / ɪd /? **/d/**
3. How is the “o” pronounced in “some”, /ɑ:/, /æ/ or /ʌ/? **/ ʌ /**
4. Is the final “-s” pronounced / s /, / z / or / ɪz / in “drinks”? **/ s /**

PART III. USE OF ENGLISH

USE OF ENGLISH. (3 POINTS) (0.5 points for each correct answer). Choose SIX of these sentences and rewrite them starting with the words given. Only the first six will be corrected. No points will be given for the extra ones. Clearly identify the sentences you choose using the numbers here.

1. I haven't been to a live concert before.
It's **the first time I have been to a live concert**
2. I didn't go shopping yesterday because it was raining.
If it hadn't been raining, I would have gone shopping yesterday
3. “How often do you play football?” Carol asked Paul.
Carol asked Paul **how often he played football**
4. Although she is a famous actress, nobody recognized her.
In spite **of being a famous actress, nobody recognized her**
In spite of the fact that she is a famous actress, nobody recognized her
5. The woman is Margot Smith. Her ring was stolen from inside her house.
The woman, **whose ring was stolen from inside her house, is Margot Smith**
6. “Why don't we prepare a party at my house?” Helen said.
Helen suggested **preparing a party at her house**
7. They could not arrive on time as their car was very slow.
Their car **was so slow that they could not arrive on time**
8. Somebody must sell this car before the end of the week.
This car **must be sold before the end of the week**
9. Write the correct question for the underlined words.
How did she come home?
She came home by train

PART IV. WRITING

Write ONE of these two compositions (3 POINTS). If you write two, no points will be given to the second one. Your composition must have at least **150 words**.

OPTION 1. The ban on free refilling of drinks in fast food restaurants. Advantages and disadvantages.

OPTION 2. Is banning things that are not good for our health an effective solution? Give your opinion.