



- Instrucciones:**
- a) Duración: Una hora y treinta minutos.
 - b) La puntuación de cada pregunta está indicada en las mismas.

AMERICAN OBESITY PROBLEM

The U.S. Center for Disease Control and Prevention estimated that about six out of ten Americans were either overweight or obese. Furthermore, the prevalence of obesity almost doubled from about 15 percent in 1980 to 27 percent in 1999. Dr. J. McGinnis said the current weight statistics predict future problems. "Obesity now will lead to a higher number of deaths from diabetes, heart disease, stroke and certain types of cancer, and increased prevalence of osteoarthritis."

The CDC noted that most schools have vending machines or snack bars including foods that are largely nutrient-poor and calorie-rich. People are also less likely to cook for themselves these days. Roughly half of all meals are consumed outside the home and many of these are from fast foods. "We have become year-by-year an increasingly sedentary society," McGinnis said. "People used to enjoy walking a half-mile or a quarter-mile but now they take the car to go across the street. And instead of walking or playing sports during free time, children sit in front of the TV or computer. These are unhealthy habits because their muscles are not moving and transportation has become so easy that children are driven everywhere."

So educating the public about healthy nutrition and exercise is essential, the experts said. Healthy foods and more intense physical activity in schools are also important.

(A) COMPREHENSION (4 points)

a) ANSWER QUESTIONS 1-2 ACCORDING TO THE INFORMATION GIVEN IN THE TEXT. USE YOUR OWN WORDS.

- 1) What bad habits cause obesity? (Name two) (1 point per answer)
- 2) Why have people become more sedentary? (Give two reasons)

b) ARE THESE STATEMENTS TRUE OR FALSE? JUSTIFY YOUR ANSWERS WITH WORDS OR PHRASES FROM THE TEXT. (0.5 points per answer)

- 3) More than half of the American population has overweight problems.
- 4) There is a tendency to avoid cooking nowadays.
- 5) Most meals are consumed outside the home.
- 6) According to the experts, the physical activity program in American schools is appropriate for the obesity problem.

(B) USE OF ENGLISH (3 points)

- 7) Give one **opposite** for CURRENT (adjective) (line 3) (0.25 points)
- 8) Give an adjective with the same root as PREDICT (verb) (line 3) (0.25 points)
- 9) Find in the text a **synonym** for MOSTLY (adverb) (0.25 points)
- 10) Find in the text the word which has the following **definition**: (0.25 points)
"Not physically active"
- 11) Turn the following sentence into the **passive voice**: (0.5 points)
Small children are eating too much fat in their meals nowadays.
- 12) Fill in the gap with the correct **form** of the **verb** in brackets: (0.5 points)
The doctor (bring) _____ the most recent medical reports to yesterday's meeting.
- 13) Complete the following sentence: (0.5 points)
You could lose some weight if ...
- 14) Join the following sentences using an appropriate linker (do not use AND or BUT). (0.5 points)
Make changes if necessary.
That man is very big. This seat may be too small for him.

(C) PRODUCTION (3 points)

- 15) Write a **composition** (80-100 WORDS) Choose **ONE** of the following options. **Specify** your option.
- a) Is obesity a social problem nowadays? Why?
 - b) Do you think you should change your eating habits? Explain.