
Probas de acceso a ciclos formativos de grao superior

Inglés

CSPEA03

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1. Formato da proba

Formato

- A proba consta dun texto e vinte cuestións tipo test. As cuestións serán de comprensión do propio texto, e poderán incluír cuestións referidas ao vocabulario, gramática e elementos de cohesión do propio texto.
- As cuestións tipo test teñen tres posibles respostas das que soamente unha é correcta.

Puntuación

- 0,50 puntos por cuestión tipo test correctamente contestada.
- Cada cuestión tipo test incorrecta restará 0,10 puntos.
- Polas respostas en branco non se descontará puntuación.
- No caso de marcar máis dunha resposta por pregunta considerarase como unha resposta en branco.

Materiais e instrumentos que se poden empregar durante a proba

- Bolígrafo con tinta negra ou azul.

Duración

- Este exercicio terá unha duración máxima de 60 minutos.

2. Exercicio

Texto

The Risks of Ultra-Processed Food

Everyone knows that food which contains too much sugar and fat is unhealthy, but now the new enemy is ultra-processed food. It leads directly to poorer health, increased weight and a rise in the risk of cancer and cardiovascular disease. Despite these findings, ultra-processed food production and consumption are steadily increasing in both high-income and low-income countries. It is estimated that the average person in some countries gets over 50% of their calorie intake from ultra-processed food.

Ultra-processed food often contains more than five ingredients that have been created in a laboratory. These include chemicals, colourings, sweeteners and preservatives. Natural yoghurt is a food that is unprocessed, but once sweeteners or any flavouring is added, it's classified as ultra-processed. Pre-packaged meals, breakfast cereals, biscuits, buns, cakes and most breads are also examples of ultra-processed food. Besides being unhealthy, ultra-processed food is advertised by aggressive marketing campaigns, often directed at children.

Several medical studies have demonstrated the detrimental effects of ultra-processed food. In one study, 20 volunteers were kept in a laboratory for a month and fed two different kinds of diets. Half the group ate as much ultra-processed food as they wanted, and the other group was given unprocessed food, including fresh fruit and vegetables and natural animal products. On average, the people on the ultra-processed diet consumed around 500 calories more a day and consequently put on weight. This suggests that the increase in the consumption of ultra-processed food is the cause of the obesity epidemic.

A much larger, longer-term study, carried out among almost 20,000 people in Navarra, Spain, over a ten-year period, examined their diet and found that out of 335 people who died over the period, the proportion of those who had eaten greater amounts of ultra-processed food was higher than those who hadn't. Studies in France, with even larger population samples, revealed cardiovascular disease and certain forms of cancer were higher among people who ate more of this type of food.

Now, some consumer groups are calling for a food-labelling system that would, in addition to listing the nutrient value of food products, inform consumers about the level of processing in the food they are buying in shops and supermarkets. Hopefully, this will help lower the high rates of obesity that so many countries are now facing.

"Income": ingresos

"Calling for": pedindo

1. What is the main idea of the text?

- A Advantages and disadvantages of ultra-processed food.
- B People who eat ultra-processed food will become obese.
- C Warning society about the dangers of consuming ultra-processed food.



2. According to the author,...

- A Everyone knows which food is the new enemy.
- B Ultra-processed food consumption is rising not only in low-income countries.
- C Ultra-processed food is linked directly to cancer.

3. In some countries, a typical individual consumesof their calories from ultra-processed food.

- A More than half.
- B Less than half.
- C Exactly half.

4. Which of the following is **NOT** true about ultra-processed food?

- A A yoghurt must have at least five lab-made ingredients to be classified as ultra-processed food.
- B It contains artificial ingredients.
- C It is aimed at young people.

5. What does "detrimental" mean?

- A Healthy.
- B Harmful.
- C Additive.

6. What are various consumer groups demanding?

- A That ultra-processed foods be banned from supermarkets.
- B That supermarkets and shops can only offer fresh fruit, vegetables and natural animal products.
- C They want the food label to include nutritional information as well as the degree of food processing.

7. Which sentence is true?

- A All yoghurts are considered unprocessed food.
- B All yoghurts are considered ultra-processed-food.
- C Sentences A and B are wrong.



8. The amount of food or drink consumption at a particular time is called:
-
- A Obesity.
B Intake.
C Unprocessed food.
9. Which of the three studies involved the largest number of participants?
-
- A The study that linked the consumption of ultra-processed food to obesity.
B The study that linked the consumption of ultra-processed food to a higher number of deaths.
C The study that linked the consumption of ultra-processed food to cardiovascular disease and some forms of cancer.
10. ultra-processed food before she became ill?
-
- A Has she ever eaten...
B Had she ever eaten...
C Did she ever eat...
11. "20 volunteers were kept in a lab for a month" Choose a similar sentence.
-
- A They keep 20 volunteers in a lab for a month.
B They have kept 20 volunteers in a lab for a month.
C They kept 20 volunteers in a lab for a month.
12. The author said: "It will help lower the high rates of obesity".
-
- A The author said that it would help lower the high rates of obesity.
B The author said that it helped lower the high rates of obesity.
C The author said me that it will help lower the high rates of obesity.
13. If he hadn't eaten great amounts of ultra-processed food, he ...
-
- A won't die.
B wouldn't die.
C wouldn't have died.
14. These ingredients, ... contain preservatives and chemicals, have been created in a lab.
-
- A which
B who
C that



15. "You shouldn't eat so many biscuits and cakes", he said. Choose a similar sentence.
-
- A He ordered me do not eat so many biscuits and cakes.
B He advised me not to eat so many biscuits and cakes.
C He told me not eating so many biscuits and cakes.
16. "Despite eating a lot of junk food, he hasn't put on weight". Choose a similar sentence.
-
- A Although he eats a lot of junk food, he hasn't put on weight.
B Although eating a lot of junk food, he hasn't put on weight.
C In spite of he eats a lot of junk food, he hasn't put on weight.
17. "The doctors are going to examine his diet". Choose the sentence with a similar meaning.
-
- A He had his diet examined by the doctors.
B He is going to have his diet examined by the doctors.
C He is going to have his diet examine by the doctors.
18. I am certain he ate a lot of ultra-processed food.
-
- A He might have eaten a lot of ultra-processed food.
B He must have eaten a lot of ultra-processed food.
C He should have eaten a lot of ultra processed food.
19. Which is the correct plural form of: "That is such an interesting study!"
-
- A Those studies are so interesting!
B Those are such an interesting studies.
C Those studies are so interestings.
20. Which is the correct interrogative form of: "Ultra-processed food contains some chemicals and preservatives".
-
- A Contains ultra-processed food any chemicals and preservatives?
B Do ultra-processed food contain some chemicals and preservatives?
C Does ultra-processed food contain any chemicals and preservatives?

3. Solución para as preguntas tipo test

Nº	A	B	C	
1			X	
2		X		
3	X			
4	X			
5		X		
6			X	
7			X	
8		X		
9			X	
10		X		
11			X	
12	X			
13			X	
14	X			
15		X		
16	X			
17		X		
18		X		
19	X			
20			X	

N.º de respostas correctas (C)	
N.º de respostas incorrectas (Z)	
Puntuación do test= $C \times 0,5 - Z \times 0,10$	

**Nas preguntas de test, por cada resposta incorrecta descontaranse 0,10 puntos.
As respostas en branco non descontarán puntuación.**