

Instrucciones:

- a) Duración: 1 hora y 30 minutos.
- b) La puntuación máxima de cada pregunta se indica en los encabezamientos de cada sección.
- c) En ningún caso se permitirá el uso del diccionario (ni monolingüe ni bilingüe).

NUTRITION: ARE WE CONDITIONED TO FEEL HUNGRY IN WINTER AND PUT ON WEIGHT?

Some scientific studies indicate that people who live in cold countries eat more in winter than they do in warmer seasons. There could be many reasons why. Eating more in winter helped our ancestors to survive when food was insufficient, and this need to accumulate food reserves may still persist. And now that we have complete access to food whatever the season, we still eat more during the colder months.

5 In addition, we distinguish tastes better in the evening so we enjoy food more. Considering that we spend more time at home in the evenings during winter, perhaps we make food a more significant part of the day. And after 5pm, we have a tendency to need more food to feel satisfied than earlier in the day, so we continue snacking after our main meal because we are at home with nothing else to do.

10 If you snack while watching TV, you probably will continue eating without really registering what you consume. A recent study revealed an association between TV viewing and the consumption of high-calorie snacks.

15 Increased appetite and weight gain is also connected to winter depression- a form of seasonal affective disorder that is more typical of northern areas and in parts of the world with a high proportion of cloudy and dark autumn and winter days. However, this syndrome often responds well to artificial light therapy, and in spring it begins to disappear.

(A) COMPREHENSION (5 points; 1 point per question)

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

1. Why did people in ancient times eat more in winter? (1 point)
2. Give two reasons to explain why we eat more in the evenings (1 point)
3. How can we solve winter depression before spring begins? (1 point)

b) ARE THESE STATEMENTS TRUE OR FALSE? JUSTIFY YOUR ANSWERS WITH THE PRECISE WORDS OR PHRASES FROM THE TEXT OR USING YOUR OWN WORDS.

4. Watching TV affects the type and quantity of food we eat. (1 point)
5. Winter depression is more frequent in dark and cold countries. (1 point)

(B) USE OF ENGLISH (2 points; 1 point per question)

6. Find in the text a **synonym** for CONNECTION (noun) (1 point)
7. Give a **question** for the underlined words: (1 point)
We distinguish tastes better in the evening.

(C) PRODUCTION (3 points)

8. WRITE A COMPOSITION (ABOUT 100 WORDS). CHOOSE ONE OF THE FOLLOWING OPTIONS. SPECIFY YOUR OPTION.

- a) Do you think the situation described in the text happens to you or people you know?
- b) Is there a problem of obesity in the first world? Discuss.

- Instrucciones:
- a) Duración: 1 hora.
 - b) Puntuación hasta 10 puntos
 - c) Traducir el siguiente texto (incluyendo el título), no se puede usar diccionario.

Europe's population is getting older. How will this affect us and what should we do about it?

The European Union is facing unprecedented demographic changes that will have a major impact on the whole of society. Figures made public today by the Demographic Commission show that from now until 2030 the European Union will lack 20.8 million people of working age. In 2030 two active people will have to take care of one inactive. People are living longer and older people are enjoying better health.

"The issues are much broader than older workers and pension reform. This development will affect almost every aspect of our lives," said Mr Spivak. "All age groups will be affected as people live longer and enjoy better health. It is time to act now."

These demographic changes have major implications for our prosperity, living standards and relations between the generations. What should we do? Politics alone cannot solve the problem. The Commission wants to open a debate on how to deal with it and what role the Union should play.