

- Instrucciones:**
- a) Duración: 1 hora
 - b) Puntuación hasta 10 puntos
 - c) Se deberá realizar una traducción sin diccionario del texto propuesto, que no tendrá que ser necesariamente una traducción literal del mismo. El texto en castellano deberá respetar las normas formales de este idioma.

Cakes and Children's Diet

Industrially-produced cakes and biscuits have replaced the traditional sandwich or bread and chocolate in Spanish children's diet. Eating a cake or two from time to time doesn't do any harm, but it does become a health risk when it's a regular habit.

The astonishing rise in the consumption of these products has led to a serious dietary problem: the ingestion of far too much sugar and fat. Moreover, if children eat a lot of cakes, it's hard for them to break this habit when they grow up. It seems that fish and vegetables are not popular with teenagers.

The immediate consequence of excessive fat consumption is an increase in cholesterol levels among children. One single shop-bought cake, for example, can contain up to 12% of the maximum daily recommended intake of cholesterol, which is 300 milligrams per decilitre of blood. As for excessive sugar consumption, the results are tooth decay, obesity and, in the long term, diabetes.

These cakes and biscuits also contain a lot of additives. These substances are vital for preserving the product from contamination and deterioration processes. However, some preservatives are potentially dangerous and can even cause cancer if taken over long periods of time in large quantities.

An occasional cake doesn't do any harm, but such industrial bakery should never become a regular part of a child's diet.