



Proba de

Código

CSPEA03

Inglés

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1. Formato da proba

Formato

- A proba constará de 20 cuestións tipo test.
- 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 0,125 puntos.
- As respostas en branco non descontarán puntuación.

Duración

- Este exercicio terá unha duración máxima de 60 minutos.



2. Exercicio

Texto

FOOD FOR THOUGHT

What would happen if you ate nothing but fast food for a month? Film-maker Morgan

Spurlock wanted to find out, so he made a documentary called 'Super Size Me'. Morgan ate fast food meals three times a day, and he had large or 'supersize' servings whenever he was offered them. It was hard work, and after just two days he wished he had never started. He was pushing his body to its limits, and his new diet made him ill. Several weeks later, his health had deteriorated so badly that doctors advised him to stop. 'Unless there is an improvement in Morgan's diet, he runs a risk of permanently damaging his liver' said one medical expert. But it was not just Morgan's body that was suffering - fast food was also having a negative influence on his mind. He would feel great just after he had eaten, then an hour later he would be grumpy, angry and tired. Even though he was suffering, Morgan continued this experiment for thirty days. Unfortunately, it took him nearly a year to return to previous levels of health and well-being!

Morgan Spurlock was not the first person to explore the connection between food and behaviour. Towards the end of the last century, American researchers carried out an investigation into diet and development. They analysed the behaviour of a group of children over several years, with surprising results. At eight years old, the children who ate a larger than average amount of junk food were more likely to get into fights than their healthy-eating peers. Aged eleven, the same children were often more aggressive, bullying and attacking other classmates. By the age of seventeen, a large percentage of this group had left school, and they were more likely to have problems with drugs or alcohol. A few of these teens were victims of peer pressure; others had a difficult family background. However, they all had one thing in common: they all had bad diets. The study concluded that an unhealthy lifestyle was one of the most significant reasons for their behavioural problems.

Despite these grim statistics, fast food restaurants still feed more than 45 million people a day! So why do we continue to eat this junk? In 'Super Size Me', Morgan Spurlock eventually got used to his diet of hamburgers and chips. After a while, he even started to enjoy it. The sweet, fattening food is so tempting that many of us, like Morgan, develop an addiction to it. That is the problem with fast food: it is just too tasty!

Grim: penosas.

Peers: persoas da mesma idade.



Marque a resposta correcta en cada caso

1. Morgan made a documentary.....

- A** Because he wanted to become a film-maker.
- B** About people who only ate fast food.
- C** About his experiences of a fast food diet.

2. Which sentence describes Morgan's 'super size' diet?

- A** He ate fast food once a day for a month.
- B** He only ate fast food, often in huge portions.
- C** He only ate fast food if it was 'super size'

3. What effect did Morgan's diet have?

- A** It caused permanent liver damage.
- B** Morgan felt terrible all the time.
- C** It affected his body and also his mind.

4. After a couple of days...

- A** Morgan was used to the diet.
- B** Morgan regretted starting.
- C** He paid attention to doctors and stopped the diet.

5. Why did doctors advise Morgan to stop his new diet?

- A** Because he was getting fat.
- B** Because he was angry and tired all the time.
- C** Because he was ruining his health.

6. What effect did fast food have on Morgan's personality?

- A** He felt great all the time.
- B** He was moody.
- C** He was bad-tempered immediately after eating.



7. Last Century, American researchers...

- A Studied groups of badly-behaved children.
- B Changed children's diets to investigate the effect.
- C Examined the effect of diet on children's behaviour.

8. The group of children analysed had one thing in common:

- A They all were aggressive at the age of eleven.
- B They left school at seventeen and were taking drugs.
- C Their diets weren't good and healthy.

9. What was the conclusion of the study?

- A Fast food was too tasty.
- B There was a link between a poor diet and behavioural problems.
- C Teenagers have a lot of pressure.

10. How did Morgan feel about fast food in the end?

- A He became accustomed to it.
- B He was amazed that 45 million people ate it daily.
- C He preferred hamburgers and chips to all other food.

11.did he go on with the experiment?

- A How long
- B How many time
- C How often

12. 'I eat fast food three times a day'. Morgan told me.....

- A He will eat fast food three times a day.
- B He eats fast food three times a day.
- C He ate fast food three times a day.

13. The doctor wanted Morgan.....

- A To stop his diet.
- B Stop his diet.
- C Stops his diet.



14. Last century, an investigation into diet and development.....by researchers.

- A Has been carried out
- B Was carried out
- C Will be carrying out

15. How long.....to return to his health and well-being?

- A Did it take Morgan
- B Did Morgan take
- C Took Morgan

16. If you ate nothing but fast food, you.....very ill.

- A Will feel
- B Would feel
- C felt

17. People.....eat fast food every day.

- A Don't they usually
- B Usually not
- C Do not usually

18.ever been to a fast food restaurant?

- A were you
- B Did you
- C Have you

19.is not good for your health.

- A To eat fast food
- B Eating fast food
- C Eat fast food

20. Morgan Spurlock,is a film-maker, made a documentary about fast food.

- A who
- B that
- C which