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## Nivel 3. Prueba escrita Competencia Clave: Inglés

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Primer apellido	
Segundo apellido	
Nombre	
DNI – NIE - PASAPORTE	
Firma	

Duración	1 hora.
Descripción de la prueba	La prueba tiene 17 preguntas de respuesta cerrada y una de respuesta abierta. La prueba se califica sobre un total de 10 puntos.
Materiales que se pueden utilizar	Bolígrafo azul o negro.
Respuestas a las preguntas	En cada hoja se presentan los números de las preguntas y las cuatro opciones de respuesta (A, B, C y D). Solo una de estas opciones es correcta.  a) Ponga un círculo en la respuesta correcta.  b) Si se equivoca, tache la respuesta y marque con un círculo la correcta.

Lee el texto y contesta las preguntas señalando la respuesta correcta.

### GETTING HEALTHY WITH APPS

There is no doubt that mobile phones are changing the way we live. In Western society, where people are becoming increasingly health conscious, mobile technology is also being used in various ways to help us to stay healthy.

Some applications help people to lose weight or to achieve their fitness goals. It is well-known that people are often unaware of the portion size or the nutritional value of the meal they have eaten, *Thin-Cam* attempts to deal with this issue by enabling users to take a photo of a meal before they begin to eat. This photo is then uploaded to a website, and analysed by a professional nutritionist. The nutritionist is then able to give feedback about the size of the portion and its nutritional value. This feedback increases the probability that users will continue with their diet plan.

Similarly, the fitness app *Gain* helps people to create an exercise plan that they can maintain. All users have to do is record the amount of time they have to work out and the equipment they have available. *Gain* then generates a personalised workout for them. It also reminds them when to go to the gym, based on times that they have pre-scheduled to train.

There are also apps that attempt to provide solutions to another common health-related issue: fatigue or tiredness. People feel tired throughout the day when they are woken from a deep sleep. *Sleep Cycle* is an app which prevents people from being woken in this state. All users have to do is to pre-set a 30-minute "wake-up window". The *Sleep Cycle* alarm clock then monitors their movements while they sleep and works out when they move from light to deep sleep. It is then able to wake them at a point during the wake-up window when they are sleeping lightly.

There is growing evidence to suggest that health applications may indeed be beneficial. So, whether you are interested in eating right, exercising or just getting enough sleep, it may be time to download the latest health app to your phone. It may be just what you need to help you stay healthy.

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1. In Western society, people... (0,4 puntos)

- A) do not care about health.
- B) only care about health.
- C) care more about health.
- D) care less about health.

2. With *Thin-Cam*, people ... (0,4 puntos)

- A) can know the nutritional value of what they eat.
- B) can't take a photo of their meals.
- C) can't follow a diet plan.
- D) can have an interview with a nutritionist.

3. The fitness app *Gain*... (0,4 puntos)

- A) provides equipment to exercise.
- B) does not tell you when to go to the gym.
- C) gives you an individualised exercise plan.
- D) reminds you to exercise every day.

4. *Sleep Cycle* is a health application which... (0,4 puntos)

- A) is an alarm clock.
- B) wakes you up every 30 minutes.
- C) wakes you up when your sleep is deep.
- D) increases fatigue.

5. It is evident that ... (0,4 puntos)

- A) you must use health apps.
- B) apps won't help you sleep well.
- C) you cannot exercise without an app.
- D) health apps are good for you.

**Elige la respuesta correcta.**

6. I ..... Wendy yesterday. (0,5 puntos)

- A) didn't see
- B) wasn't seeing
- C) don't see
- D) haven't seen

12. She usually goes shopping ..... (0,5 puntos)

- A) at the weekend.
- B) yesterday.
- C) at the moment.
- D) sometimes.

7. Sarah took the bus to work ..... she didn't have her car. (0,5 puntos)

- A) because
- B) due to
- C) however
- D) therefore

13. Please be quiet. I ..... to watch TV. (0,5 puntos)

- A) try
- B) tried
- C) will try
- D) 'm trying

8. My father's sister is my ..... (0,5 puntos)

- A) aunt
- B) cousin
- C) niece
- D) uncle

14. Tomorrow we ..... to the cinema. (0,5 puntos)

- A) are going
- B) have gone
- C) is going
- D) going

9. This is the house ..... I lived when I was a child. (0,5 puntos)

- A) which
- B) who
- C) where
- D) when

15. I always ..... my bed in the morning. (0,5 puntos)

- A) do
- B) give
- C) make
- D) take

10. The Everest is ..... in the world. (0,5 puntos)

- A) the higher
- B) the highest
- C) more high
- D) highest

16. We have lessons ..... Tuesdays. (0,5 puntos)

- A) at
- B) in
- C) the
- D) on

11. There is ..... coffee for breakfast. (0,5 puntos)

- A) a
- B) some
- C) any
- D) the

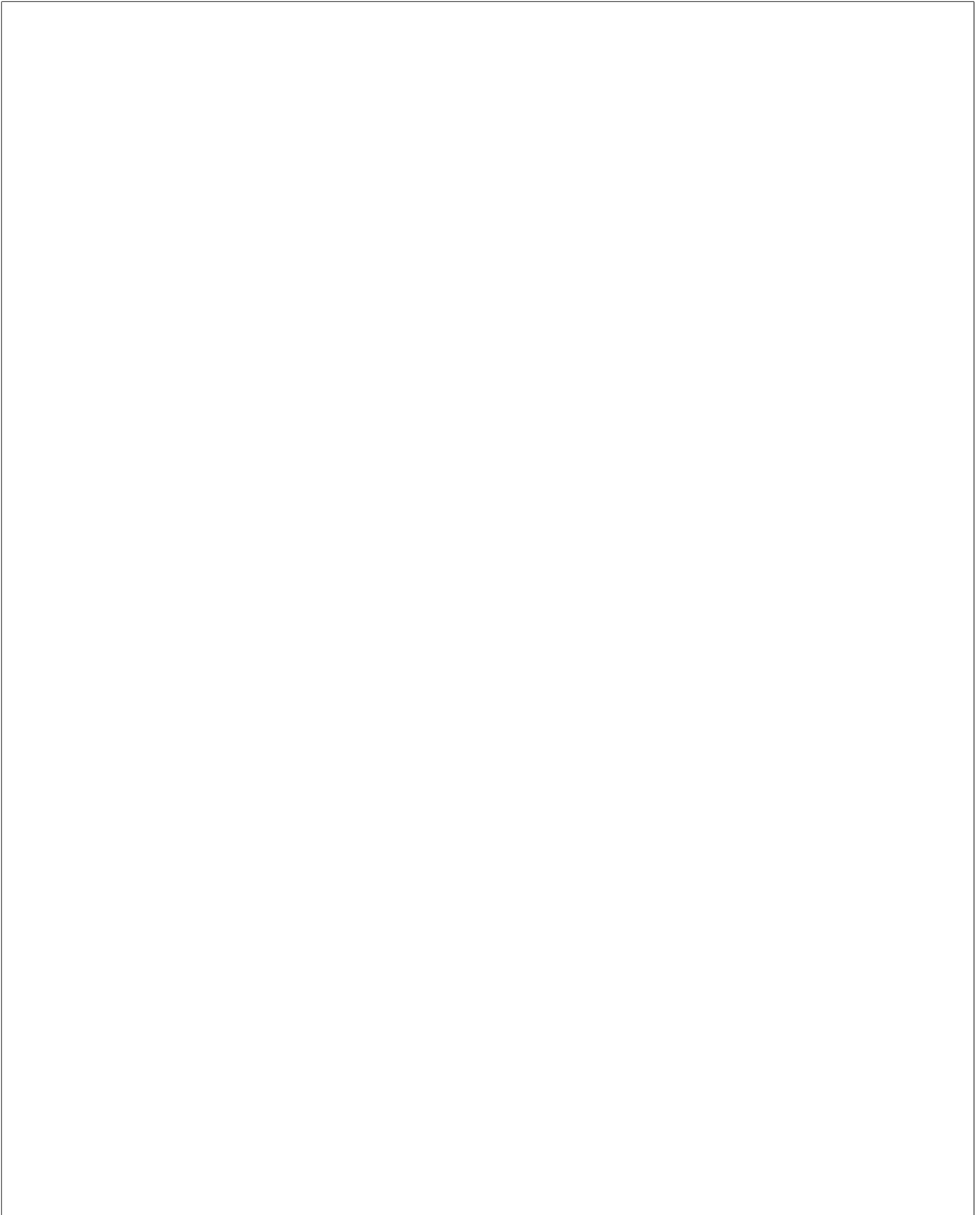
17. My sister ..... (0,5 puntos)

- A) has a dog big.
- B) live near my house.
- C) worked as a nurse.
- D) don't like pasta.

**18. Elige UNA de las dos opciones siguientes y escribe un breve texto de entre 120 y 140 palabras. (2 puntos)**

**Option A: Write a text about what you can do to stay healthy. You can mention food, sport, sleep, other healthy habits, etc.**

**Option B: Write about a city or country you have visited. You can include the monuments you saw, the food you ate, the things you did, why you liked it, etc.**

A large empty rectangular box with a thin black border, intended for the student to write their response to the question. The box is currently blank.