



#### TASK 1

Read the text HEAVEN ON EARTH carefully. Decide which of the options (a-c) best answers questions 1-5. Write the LETTER corresponding to the best alternative in the boxes on the right. An example has been done for you. (5 x 2 = 10 marks)

# **HEAVEN ON EARTH**

A trip in search for the place where mankind lived in bliss

I am in a rusty Turkish taxi, passing by a tiny village of poor, mud houses. Under the cloudless sky, the hilly fields around me vanish in the heat. It's 40° C out there, and just a solitary mulberry tree points out our final destination: Gobekli Tepe. Or, incredibly as it may seem, the very place where experts set the Biblical Garden of Eden. Our lost Paradise.

I climb out of the car, just to watch in amazement a real army of workmen and archaeologists all across the hillside. I could have never imagined such a brisk activity around. A genial, fifty-something German man approaches. His name is Klaus Schmidt, and he's the chief archaeologist here. In his tent, we drink sweet Turkish tea while Schmidt tells me his story.

"In 1964, a team of Americans spotted the hills. They knew perfectly well they had found something, but for some reason I can't make out, they drifted away. Today they must feel like the publisher who rejected the first Harry Potter manuscript", and Schmidt bursts into laughter. "Three decades after that, a Turkish ministry got in touch with me. I was intrigued and came here. Within the first minute, I knew that if I didn't walk away immediately, I would be here the rest of my life".

Why has this brilliant, nice man shut himself away in this remote spot for the last 14 years? No family, no friends, no holidays. Devoted reclusion. Schmidt, always smiling, can't grasp my shock. "Well, I'm privileged. This is the place to be. The most important archaeological dig in the world".

In the following hours, Schmidt will share with me both his thesis and the remaining questions. For a start, the dating. Gobekli Tepe is staggeringly old, having been built around 10,000 BC, while other megaliths like Stonehenge date from 2,500 BC. In fact, it is so stupefyingly old and sophisticated that it still defies Schmidt's understanding. It just seems far beyond the capacities of a simple community of hunters.

And why such a big effort? Here Schmidt's point is clear: "It is a temple – the oldest temple in the world. A celebration of hunting. Come with me".

We leave the tent and return to the dust of the dig. Patiently, Schmidt shows me the stones carved with delicate images of animals and birds. "They are perfect. In fact, they are too perfect for the time. We wonder what kind of tools they used". But what I find astonishing is that this semi-desert region of Turkey once supported such an appealing variety of creatures. "It was so different then", explains Schmidt. "There were dozens of mammals, green meadows, woods. The climate was much wetter, but still warm. The herds of game were enormous. A paradisiacal place".

So what happened? "Probably so many hunters congregated here for worship. To feed them all, they began cultivating the grasses on the hill. As the trees were chopped down, the area became bare and animals dispersed. In other words, they began farming to support their religious community. And I'm sure farming caused their downfall".

He continues: "The really outstanding thing is that in 8,000 BC they decided to entomb the entire site. Gobekli Tepe was buried. The earth we are removing now was put here by man himself: all these hills are artificial".

I am speechless. This is the last thing I expected to hear. Schmidt nods, shrugs and smiles once again. "Yes, perhaps they were grieving for their lost paradise. But there's nothing positive about it. Not a single clue. It was the most bizarre act indeed. And every night, when I go to bed, I think about that".

I find his last words the most exciting of all.

Adapted from articles by Sean Thomas in Forbean Times (2007) and The First Post (2008)





- 0) Why didn't the Americans excavate the site in 1964?
  - a) Schmidt just doesn't know.
  - b) The Turkish government didn't let them work there.
  - c) They couldn't fully imagine what was hidden.
- 1) Before getting to Gobekli Teppe, journalist Sean Thomas had thought...
  - a) ... it would be a quieter archaeological site.
  - b) ... it would be like Paradise.
  - c) ... there would be more trees around.
- 2) As they start talking, Thomas finds out that Schmidt...
  - a) ... is a genius, the best archaeologist in the world.
  - b) ... is fulfilling his professional ambitions.
  - c) ... regrets some personal sacrifice he's made to stay there.
- 3) According to Schmidt, what's particularly astonishing about Gobekli Teppe?
  - a) That hunters carved so many images.
  - b) That hunters went into farming.
  - c) The date when the temple was built.
- 4) Why were the trees around Gobekli Teppe cut down?
  - a) To disperse the wild, dangerous animals.
  - b) To make room for growing food
  - c) To make a bigger site for the community.
- 5) What happened to Gobekli Teppe about 8,000 BC?
  - a) Hunters buried their victims in tombs and left the temple.
  - b) The artificial hills around eventually fell down over the temple.
  - c) Hunters decided to hide the temple under earth.

# Which is the best alternative A, B or C?

	<b>A</b> , <b>B</b> (	rite or <b>C</b> in box	Teacher
	0	Α	
	1		
	2		
	3		
	4		
	5		
ΤΟ	TAL /	′ 10	





#### TASK 2

Read the text SUITCASE STUFFERS and match an item A-I with its description 1-5 in the magazine. There are three items with no description. An example (0) has been done for you. Write the appropriate LETTER in the boxes on the right.  $(5 \times 2 = 10 \text{ marks})$ 

#### SUITCASE STUFFERS

According to a world-famous travel magazine, these are some essential items you need to handle every travel situation:

A. TRAVEL IRON

**B.** ENERGY BARS

C. ELECTRICAL ADAPTER

D. LED KEYCHAIN

E. POCKET KNIFE F. PORTABLE SOLAR CHARGING SYSTEM

**G.** RUBBER BANDS

H. WATER TABLETS

I. DUCT TAPE

#### Description 0

If you want to keep connected while travelling, you'd better find a way to plug in the chargers – there are some really funny sockets out there!

#### **Description 1**

Bright, tiny and featherweight. The simplest tool for latecomers to find the lock on the B&B door or your way out of the hotel during a blackout. Burn time over 10 hours.

#### **Description 2**

They pack well, last at least as long as your trip, and these days most of them even taste pretty good – there are also caffeinated ones for those who love setting off early.

#### **Description 3**

For when the bottled kind can't be found around, or it just looks suspicious, or you simply get fed up with paying exorbitant prices for it.

# Description 4

You probably don't need the one with 74 gizmos – just a couple of blades, scissors, a bottle opener and a corkscrew. But don't forget to pack it in your checked luggage!

#### Description 5

The only way to patch ripped jeans, waterproof jackets or camping tents anywhere – it can even repair your luggage. Wrap firmly around and keep on going!

Source: nationalgeographic.com/traveler





# Match items A-I with descriptions 1-5





#### TASK 3

Read the text entitled SEE THE WORLD, REALLY and decide which tour, SOUTH AFRICA TOWNSHIPS (A), BRAZILIAN SLUMS (B) or CHINA 101 (C), the following statements 1-5 refer to. Write the LETTER corresponding to the tour in the boxes on the right. The first one is done for you. (5 x 2 = 10 marks)

# SEE THE WORLD, REALLY

# **SOUTH AFRICA TOWNSHIPS**

# Panorama: Former antiapartheid fighters and activists guide you through townships that still bear the scars of battle and forced segregation. They recount forced removals and remember colleagues who died.

and racially and economically

Many of the towns remain poor

isolated.

Perspective: The armed wing of the African National Congress began these tours in 1997 to help improve the economic and social circumstances of the former soldiers and their communities.

Reality check: These tours tend to be the least touristy. Discussion and passionate debate is part of the experience. Your guides may gently suggest that you purchase a non-alcoholic beverage from welcoming residents.

(www.dacpm.org.za)

# **BRAZILIAN SLUMS**

Panorama: A three-hour odyssey through Rocinha, a massive favela in Rio de Janeiro. Guides explain its complex social and political structure as you explore the maze of pathways and homes and visit a handicraft centre.

You'll learn about the resourceful ways locals built houses and extracted free electricity.

Perspective: Brazilian Marcelo Armstrong began offering tours in 1992. Guides speak frankly of the problems, but emphasize the perseverance of the hard-working citizens.

Reality check: Tours have been sanctioned by the resident drug lord, so visitors are quite safe, but the guides will cancel the day's activities if threatened by a bust between gangs. Guides firmly

limit where you can venture.

(www.favelatour.com.br)

**CHINA** 101

Panorama: This whirlwind 12-day trip through several cities, from Beijing to Shangai, hits all the usual historic and natural sites, but adds visits with non-profit organizations in intimate interaction with Chinese citizens. Destinations include an orphan adoption agency in Beijing, a river conservation project in Zhongdian and the home of a Tibetan family.

Perspective: Global Exchange offers "socially responsible" tours in over 35 countries. The China tour focuses on sustainable development and environmental and cultural conservation.

Reality check: The tour offers many unique glimpses into the lives of working-class Chinese.

As a foreigner, be prepared for curious stares and persistent solicitations to buy things.

(www.globalexchange.org)

Source: nationalgeographic.com/traveler





# Match statements 1-5 with tours A, B and C

		VVrite	e A, E	or C	
0	This tour shows the consequences of a past conflict		0	Α	Teacher
1	You might have to face some tension when listening to residents in this tour				
2	2 This tour focuses on the way residents fight to improve their conditions				
3	This tour would be put off if there was violence around		3		
4	4 This tour combines sightseeing with a social approach to the country				
5	You will be supposed to buy soft drinks from residents in this tour		5		
		TOTAL /	10		



PROVES DE CERTIFICACIÓ 2008-2009



# TASK 1 ( $5 \times 2 = 10 \text{ marks}$ )

Read the magazine article about the Outback in Australia. There are five holiday destinations (1-5) and seven tourists (A-G). Decide which destination each tourist should choose to go to. There are two tourists that do not match any of the destinations. Write your answers in the boxes at the end of the exercise. An example (0) has been done for you.

# How to do the outback

From romance to roughing it: six ways to explore the bush

- If you want to experience the most rural side of the Outback, but would rather stay in towns and just explore by day, then the **Mail Run** tour is for you. It runs out of the mining town of Coober Pedy, and offers the chance to travel with the mailman, who delivers post to some of the most remote cattle stations. The route includes stops at the historic town of Oodnadatta and covers landscapes from desert plains, red sand hills and the 120 million-year-old inland seabed.
- The Outback doesn't have to be about roughing it and jolting along in a jeep; it can be one of the most romantic places in the world. **Faraway Bay** in Western Australia is an idyllic spot eight cabins perched on a rocky hilltop overlooking the Timor Sea, miles from anywhere. The cabins are relatively luxurious for the Outback; flush toilets and hot showers ensuite and cool, crisp linens on the huge beds. Meals take place at Eagle Lodge, a spectacular dining room and lounge, with plenty of good Australian vintages to sip while watching the sunset. Days can be spent cruising on the resort's 13-metre yacht, fishing, walking or simply lazing in a hammock, taking in the spectacular views.
- The Outback is a great place to explore with kids, who will love the vast open spaces and strange varieties of wildlife. **Aussie Bush Adventures** runs four-day trips touring the heart of the Western Australian bush. Days are spent exploring the Megalong Valley on horseback, visiting historic mining towns and villages and stopping off at farms to meet local people, where kids can watch and get involved with dog-handling, before listening to songs and stories around the campfire. Kids will learn about all aspects of the Outback, from Aboriginal rock art to the fossil museum at Canowindra.
- 3 If you're looking for adventure and are confident behind the wheel of a 4WD, then an **odyssey across the Kimberley** one of the last real wildernesses on Earth is one of the most extreme ways to discover the Outback. The trip takes you along the route of the Gibb River, a 400-mile unsurfaced track that links some of the region's most breathtaking waterfalls, thermal pools, and rugged escarpments cloaked in tropical vegetation.
- The scale of the Outback can be confusing, and if the thought of working out your own itinerary makes you feel slightly frightened or worried, there are some excellent group tours. **Explore** has a 17-day tour with nights under canvas and days in towns or walking in national parks and mountain ranges. The tour includes a full day at Uluru, visits to the Aboriginal sites in the Kakadu National Park and the Devils Marbles and even the chance to spot crocodiles.
- The best way to get a feel of how life is lived in the Outback is on horseback. There are week-long tours that involve cattle droving and ranching, but these can be pretty tough. **The Prairie Hotel** in Parachilna has a three-night tour across plains, sandy creeks and river beds. By day you also learn about plants and wildlife.

SOURCE: http://www.guardian.co.uk/travel/2008/nov/16/australia-outback-travel?page=all



# PROVES DE CERTIFICACIÓ 2008-2009



**Example:** 

ilibie.	
0:	Orson would like to book for urban accommodation and visit some deeply rural retreats.
A	Alice would love to surf the extraordinary reef breaks in Western Australia.
В	Bernie wants to take his family on a short break.
С	Connie and her fiancée are in the mood for love and are planning their secret getaway.
D	<b>Dianne</b> wants to drive along the most incredible roads and snake through unseen territories.
Е	<b>Emily</b> is an exceptional rider and equine photographer and would like to tailor her trip in the Outback to her passion.
F	<b>Fiona</b> is looking for one of the best tropical fly fishing holidays in the world, both in saltwater and freshwater.
G	Zack loves travelling with like-minded travellers and doesn't mind forming friendships with strangers.

# Match holiday destinations 1-5 with tourists A-G

	Write a letter <b>A-G</b> in the box			Teacher Only
0 Mail Run tour		0	0	
1 Faraway Bay		1		
2 Aussie Bush Adventures	•	2		
3 Odyssey across the Kimberley		3		
4 Explore		4		
5 The Prairie Hotel	•	5		
(5 x 2 = 10 marks)	T	OTAL	. / 10	



PROVES DE CERTIFICACIÓ
2008-2009



# TASK 2

Read the text below and match a headline A-I opposite with the appropriate paragraph 1-6. There are 2 headlines that do not match any of the paragraphs.

Write the answers in the boxes at the end of the exercise. An example (0) has been done for you. (6  $\times$  2 = 12 marks)

# Keep healthy on a budget

We offer some advice on how to stay fit and fabulous without breaking the bank.

- Lack of sleep is debilitating, ask any new parent. Research points to it being a big factor in accidents, depression and other illnesses. Studies suggest that simple things can make a difference to the amount and quality of sleep we get, such as cutting down on tea, coffee and alcohol at night. Exercise is good as it can help us to get off to sleep and it also eases depression and anxiety that keep us tossing and turning.
- Cooking vegetables quickly in as little water as possible will cut your fuel bills and improve the quality of your food. The current consensus is that boiling for a long time in lots of water washes a significant amount of goodness out of the veg. Steaming or microwaving is better and doing so for the shortest possible time.
- 2 Smoking is expensive. While the evidence is mixed, it seems that motivation and the right guidance can help people to give it up. A popular stop-smoking book is Paul Mckenna's *Quit Smoking Today*. It's also worth talking to your GP, as he or she might be able to put you in touch with counselling services, and prescribe nicotine-replacement products.
- Many chemicals we consume have the potential to be harmful. Alcohol is one example. This is why we humans have an extremely powerful, highly effective built-in system, an organ that removes harmful substances, our liver. It works brilliantly and doesn't need help from any of the miracle drinks, diets, supplements or any of the other potions and nostrums that are on offer.
- 4 Combining the therapeutic effects of a pet with the health benefits of physical exercise, this is a gold star activity. Better still, it's free, with none of the hassle of actual pet ownership and all the altruistic joy of helping people in need.
- Local authority sports centres are much better value for money than private ones. If you are going fewer than four times a week, it may be worth switching. If you are considering a private one, remember to shop around. Many offer free day passes before joining, and don't charge a joining fee.
- Yes, Goji berries, blueberries, cloudberries and so on contain lots of wonderful biochemicals that are so good for you. But you can get just the same from the simple apple, carrot and potato. Eat five portions of fruit and veg,, starchy foods, two portions of oily fish a week and go easy on the meat and you will have all you need. And get rid of the bottled water, there's no evidence it is any better than tap water, and it's much more expensive.

SOURCE: http://www.timesonline.co.uk/tol/life\_and\_style/health/article5107877.ece



# PROVES DE CERTIFICACIÓ 2008-2009



A NO NEED FOR MIRACLE FOODS						
B WALK A CHARITY DOG						
C GO TO BED						
D FUN FOR FREE						
E GET A CHEAP GYM MEMBERSHIP						
F SAVE YOUR NUTRIENTS						
G GET RID OF DETOX PRODUCTS						
o de la de						
H KICK THE BAD HABIT						
II KICK TIL BABTIABIT						
I CHILLING OUT						
			1 /			
Match a headline A-I with the appropriate paragraph 1-6.						
		Write	Admin			
A, B, D, E, F, G, H	or I in t	ne box	Only			
Paragraph 0	0	С				
Paragraph 1	1					
Paragraph 2	2					
Paragraph 3	3					
Paragraph 4	4					

**TOTAL / 12** 

Paragraph 6

GENERALITAT VALENCIANA CONSELLERIA D'EDUCACIÓ

# DIRECCIÓ GENERAL D'ORDENACIÓ I CENTRES DOCENTS ESCOLES OFICIALS D'IDIOMES

PROVES DE CERTIFICACIÓ
2008-2009

IN\_NI\_CE\_MA\_09

# TASK 3

Read this REVIEW. Decide if the statements (1-10) opposite are True or False. Tick ( $\sqrt{}$ ) the corresponding column on the right. There is an example (0). (10 x 1 = 10 marks)

# A MUSIC REVIEW: BON IVER'S "FOR EMMA, FOREVER AGO" by Victoria Segal

The debut album from one-man band Bon Iver is a delightful story for tortured souls. The legend goes like this: in 2006, having split up with both his girlfriend and his band, and just recovering from a virulent glandular fever, Justin Vernon packed his possessions and drove 18 hours to his father's remote cabin in Wisconsin woods. He hunted deer. He chopped wood. When his guitar needed mending, he sold the venison he hunted for repairs.

On his own there for three months, he wrote and recorded these songs using the ageing equipment he had salvaged from his previous band: forgetting a painful past and creating songs of amazing beauty. According to the legend, everything started when Vernon buried his laptop in the snow, losing a whole bunch of old songs in the process. Leaving far behind the rustic American flavour of the past, the album reveals a totally fresh narrative, so personal, like a skin that has been lost, giving life to a fragile but more authentic creature.

"I recognise that the record is special in a weird way", Vernon has said, fuelling the enigma. How could it not be? It's easy to imagine him there in the heart of nature, playing back the tapes and jumping at those odd noises, maybe unexpectedly, mixed up with drums and choirs and harmonies, together with his guitar,. Or put it this way: it's hard to believe this is just a mere man's work. The lyrics, though far from clear, are extremely powerful: you can't deny the emotional and psychological veracity of songs like *Skinny Love* – "I told you to be balanced/I told you to be kind/Now all your love is wasted/Then who the hell I was?"

After all the pain, there is finally a kind of joy as Vernon finally sings: "Your love will be safe with me". Despite the introspection in the heart of nature, *For Emma, Forever Ago* is a record capable of making a connection with a live audience. It represents the greatest of escapes: both for the singer, getting away from his sadness, and for those who are listening, who are given 37 unforgettable minutes far away from the everyday.

Isolation doesn't get more splendid than this.

Adapted from the original review "Wild at heart", Mojo, June 2008



PROVES DE CERTIFICACIÓ
2008-2009



# Are these statements True or False?

0	Bon	Iver i	s a	band	consisting	of	single	men.
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- 1 Vernon had been sick before going to Wisconsin.
- 2 Vernon bought hunted venison to repair his guitar.
- **3** Vernon lived with his father in the cabin.
- 4 Vernon managed to record all the songs in the cabin.
- 5 The songs in "For Emma, forever ago" are versions of Vernon's previous band's songs.
- 6 In the critic's opinion, this record is just the typical American country music album.
- 7 The atmosphere of the place is surprisingly present in the songs.
- **8** The critic knows that some friends helped Vernon to record the album.
- **9** As for lyrics, the critic thinks that they are difficult but moving and sincere.
- 10 The critic considers the album too sad and personal to attract a real audience.

		True	False	<b>,</b>	Teacher
	0		✓		
	1				
	2				
	3				
	4				
's	5				
n	6				
	7				
е	8				
d	9				
а	10				

TOTAL / 10







ROVES DE CERTIFICACIO 2009-2010



# TASK 1

After the online edition of an important newspaper published an article with the title 'Are Fairy Tales Too Scary For Kids?', dozens of readers sent in their comments. Read some of them and match the readers with the questions. Write the corresponding letters in the spaces given. You can use each comment only once. Two of the comments are not used. The first one has been done for you as an example.

 $(6 \times 2 = 12 \text{marks})$ 



# Are Fairy Tales Too Scary For Kids?

- A. For goodness sake! These tales have been around for years, I read them as a child, my parents did and my children will. I never once thought that the world was a dark, horrible, immoral place from reading them. Parents that are scared of reading these to their kids are probably also scared to let their kids go anywhere and do anything...Some people need to stop worrying and wrapping their children in cotton wool.
- B. And of course going to sleep itself is too dangerous, they might fall out of bed, but getting up they might fall over...why do we bother living at all, isn't it all too dangerous?
- C. We forget that kids are tough with each other and tough on the playground. They have a very strong sense of right and wrong, and they love to see evil punished. Fairy tales are a safe place to explore dark themes like death and loss.
- D. The real problem with most fairy tales is that they do not depict reality closely enough. As several comments show, the lesson most people seem to be taking from the fairy tales of their youth is that good guys always win and bad guys always get what they deserve. I can assure you my experience in real life hasn't confirmed this.
- E. They think these are scary? Then they should read the originals! Prince Charming's mum was a cannibal. Jack's giant ate his own daughters. I have a book full of these tales, with shocking illustrations, and they are much more fascinating than the current watered-down adaptations



- F. What utter nonsense. If you don't like fairy tales, don't read them but don't try spoiling it for all the 'normal' people who enjoy them and have done since we were two feet tall.
- <u>G. I think people forget that children as well as adults get a thrill from being scared, hence the popularity of thrillers and horrors. Fairy tales provide a safe environment for this.</u>
- H. I don't like fairy tales! Sorry to be the party pooper! They are very dark, have a horrible messages (yes, the heroine gets to win, but the others usually have to suffer/die) and no morals! I much prefer other books. Do you really want your kids to think that Jack or Goldilocks are heroes?
- I. Hurray for fairy tales indeed please don't give up on them, mums and dads! Luckily for us publishers, children's appetite for fairy tales shows no sign of diminishing. In fact, lots of today's most exciting authors and artists are drawing inspiration from traditional stories.

Adapted from www.timesonline.co.uk



IN\_NI\_CE\_MA\_10

# Match readers A to I with questions 1 to 6

Which reader?		TEACHER
0 says most people don't dislike getting frightened?	0. <b>G</b>	
1 is glad kids still like fairy tales as much as ever?	1.	
2 says the opposite of what he actually thinks?	2.	
3thinks children today usually read versions that have been made less frightening?	3.	
4thinks fairy tales are too different from the real world?	4.	
5thinks it's up to each person to decide what to read?	5.	
6thinks there are parents who protect their children too much?	6.	
	TOTAL	/12





2009-2010



# TASK 2

Read the following article about happiness. Then decide if the statements below are true or false according to the text, and put a cross (x) in the corresponding column. The first one has been done for you as an example.  $(8 \times 1 = 8 \text{ marks})$ 

# To be or not to be... happy

Last year was difficult for many of us, and 2010 is unlikely to be very different. So much so that the Department of Health has launched a stress-busting Credit Crunch helpline to 'offer practical advice, guide you to useful online resources and put you in touch with other people who can help'. What impact the helpline will have on the mental wellbeing of the nation remains to be seen, but I am not overly optimistic. This year I would like to suggest that you don't worry too much about your physical health, and concentrate instead on being happier. So, with that in mind, here are five tips for a happier 2010.

Change your routine. Although many people find routines comforting, it is good to add variety. This may be as simple as going somewhere different on holiday, buying your clothes from a new shop or getting your hair cut by another stylist. Or try a new activity that you wouldn't normally consider. Have you ever driven a racing car, ridden a horse, been to the opera, tried salsa or ballroom dancing, learnt how to paint or taken music lessons? Not your cup of tea? Don't you believe it — give it a go and you may be pleasantly surprised.

Don't be too self-conscious. It is only natural to be concerned about how others perceive us, but they are rarely as interested as we think. You may be all too aware that you are having a bad hair day, that you have a spot on your chin or a ladder in your tights, but everyone else is probably too busy worrying about their own imperfections to notice yours. Don't blow them out of proportion.

Control your anger. One person in three surveyed by the Mental Health Foundation knows someone inclined to angry outbursts. It is essential to learn some basic techniques to control your temper. You can ask The British Association of Anger Management about taking part in one of its courses.

Don't criticise. Constructive criticism may be helpful, but in my experience well-directed applause works even better. Parents soon learn that a carrot works better than a stick, but we seem unwilling to transfer this knowledge to other aspects of our lives, like friends or work. Try it for a week and see what happens.

Buy a comfortable bed. If you already have a good bed, you will understand the benefits. If you are still sleeping on the £99 bed that you bought when you were first married, you won't know what you are missing. Suffice to say that a good bed is the key to a decent night's sleep, and a proper night's sleep is the foundation upon which your mood the following day is likely to be based.

Adapted from: www.time.com



PROVES DE CERTIFICACIÓ 2009-2010



# Are these statements True or False?

- **0** According to the author, 2010 won't probably be easy.
- 1 Monotony is always bad.
- 2 We have a clear idea of the effect the helpline will have
- 3 You might be wrong about the activities you think you can enjoy.
- 4 We tend to exaggerate how much other people notice our imperfections.
- 5 The author says we should concentrate on other people's defects.
- 6 One person out of three loses their temper easily.
- 7 You should praise adults as well as children.
- People who don't sleep in a good bed are perfectly aware of 8 the advantages of having one.

	True	False	Teache r
0	Х		
1			
2			
3			
4			
5			
6			
7			
8			
	TOTAL		/8





2009-2010



# TASK 3

Read the questions and answers in this interview with Michael Pollan, a famous nutritionist. Match questions A-F with answers 1-5. Write the letters in the spaces provided at the end. The first one has been done for you as an example. (5  $\times$  2 = 10 marks)

# Michael Pollan Will Now Take Your Questions.

Michael Pollan is the author, most recently, of "In Defense of Food: An Eater's Manifesto." His

previous book, "The Omnivore's Dilemma: A Natural History of Four Meals", was named one of the ten best books of 2006 by the New York Times and the Washington Post.
(Example)?
0. I still eat meat. But I eat a lot less. I have enormous respect for vegetarians, but I believe there are ways to eat meat that are good for you and good for the environment.
ŝ
1. Without question. Look, you get to vote with your fork three times a day. That's a lot more votes you have than in any other realm of life. Getting that vote right even once a day makes a difference.
ś
2. We need to vote with our forks as consumers. We also need to make our agricultural policies support the kind of food system we wantsupport farmers who are growing organic food or local food, not just big corn and soy farmers.
ś
3. The honest answer is, we don't know. There is a tremendous experiment being performed right now on humans and the environment with these crops, which are much less regulated than people realize. You should be able to decide if you want to eat genetically modified food. And we're not allowed to, right now.
ś
4. I would bring animals back onto farms. We have seen a wholesale migration of animals to feedlots over the past 20 or 30 years. On a farm, their waste feeds the crops and the crops feed the animals—it's an elegant solution. When we took animals off the farms, we divided that solution into two big problems.
\$

5. No question — to eat healthy and to eat with some sense of environmental responsibility costs more than to eat badly. If you have any space at all, a \$70 home garden can yield \$600 of produce. That is the cheapest, most local, most nutritious produce you can have.



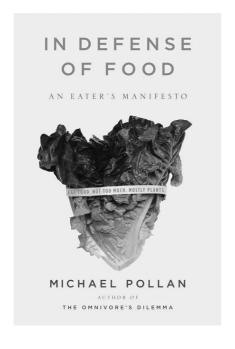
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2009-2010

# Match questions A to H with answers 1 to 5

- A. Are genetically modified crops harming our health?
- В. Can small changes in American eating patterns make a difference collectively?
- C. Can you tell us what your current diet is? If it is not vegetarian, why not?
- D. How can consumers ensure a strong food system for future generations?
- E. I am a recent grad living in an expensive city. How do you reconcile food ethics and cost?
- F. If you could change only one thing about our agricultural system, what would it be?
- G. What advice would you give a parent who wants to ensure his children eat healthy foods?
- H. What's your guiltiest pleasure, and how do you rationalize it?

Source: www.time.com



Answers	Questions	Teacher
0.	c	
1.		
2.		
3.		
4.		
5.		
	TOTAL	/10