

El alumno deberá escoger una de las dos opciones, A o B, y responder en inglés a todas las preguntas que se formulan en la opción elegida, sin mezclar preguntas de una y otra. En el caso de la primera pregunta (la redacción), deberá escribir tan sólo sobre uno de los dos temas propuestos.

Opción A

The importance of playing sports

Playing sports provides important benefits for young and old alike, ranging from improvement in fitness and health to development of team spirit and feelings of success. It is easy: first, find a sport that you love. After that, if you stick with it, you will learn some essential life lessons and obtain many positive rewards.

Playing sports such as basketball or tennis can help you manage your weight, while also giving your muscles and cardiovascular system a good workout. Participating on a regular basis helps you burn calories. Moreover, starting kids in a sport that they can play throughout their lives can get youngsters used to exercising regularly, which will help them stay in shape when they become older.

Getting involved in a sport provides opportunities for individuals to see the results of their efforts. If you practice hard at your sport and see success, it builds self-esteem. If you defeat a challenging opponent, you will feel that you have accomplished something important. Mastering a skill, such as a consistent serve in tennis, also boosts self-confidence.

Sports can often provide a unique opportunity for participants to learn and appreciate the importance of teamwork. If you are on a team, you learn what it means to do your share of the work and be responsible for it. The idea is that everyone on a team learns to depend on everyone else.

Sports can bring a positive attitude to your life if played in a healthy manner. It refreshes the mind and helps in developing a positive and fresh outlook on life. A recent scientific article explored the good influence of sports on the human mind and revealed that they do not just enhance positivity in people who do them but also help them focus better on intellectual tasks later.

Adapted from <https://www.livestrong.com/>

1. Write a composition on **one of the following topics** (maximum 3 points):
 - a. Do you think it should be obligatory for everybody to do some sport regularly? Why or why not? Give your opinion in at least 80 words.
 - b. Write a letter to your best friend telling him/her a story of at least 80 words **beginning with this sentence**: "I have always wanted to be a professional athlete". Remember that **the 9 words in this sentence cannot be counted in the 80 words you must write**.
2. Answer the following two questions:
 - a. Does the writer say that people who often do sports become individualistic and selfish? Explain your answer, providing evidence from the text (maximum 1 point).
 - b. According to the text, is it a good idea to get children involved in some sport at an early age? Explain your answer, providing evidence from the text (maximum 1 point).
3. Find in the text words having a similar meaning to the following words. Give **only one synonym** for each section (maximum 0.5 points per word, total 2 points):

a. <i>recompenses, prices</i>	b. <i>triumph, achievement</i>
c. <i>chance, occasion</i>	d. <i>concentrate, centre attention</i>
4. Imagine that you are talking to your mother or father. You know that she/he has not played any sport for a long time. **Using just two or three sentences**, advise her/him to do some sport and give her/him a good reason to do so (maximum 1 point).
5. Grammatical transformation.
 - a. Rewrite the following sentence in indirect style (reported speech), beginning with the words *He said* (maximum 1 point):

If you stick with it, you will learn some essential life lessons.
 - b. Rewrite the following sentence in the passive voice. **Do not omit any part of it** (maximum 1 point):

Sports can often provide a unique opportunity for participants to learn things.

Opción B

Why am I vegan? More importantly, why are you not?

People often ask me why I am vegan and I usually struggle to articulate a response. Not because I do not know my own reasons, but I fear that no matter what I say, the person asking already has made up their mind that I am an idiot.

If you ask people why they are vegans, most of them will probably reply the same thing: that they are against animal cruelty and suffering, even though they do not see any link between animal suffering and their food. Well, everybody knows that meat comes from animals and that to get it from field (if it is lucky enough to be reared in a field) to plate involves killing. However, most people have never looked into the whole process and largely prefer to live in ignorance, because that process would need a lot of effort.

This is what I really dislike about the issue. Vegans are often seen as quite a strange group of hippies, but we are just people trying to live better lives. Practically all vegans care a lot about nutrition and probably know a lot more about getting all the essential nutrients and vitamins than most meat-eaters. Most omnivorous people eat meat through habit, not choice. And just because something has always been done in a certain way does not make it right.

Adapted from <https://feast.media>

Good vegan, bad vegan

I have no argument with people who adopt a vegetarian or vegan diet for health, religious or ethical reasons, but I object vehemently to proselytizers who distort science to support their personal views on food. Such is the case with a recently released Netflix documentary that several friends have urged me to watch. And I did try, until I became so infuriated by false statements like eating an egg a day is as bad as smoking five cigarettes, or that a daily serving of processed meat raises the risk of diabetes 51 percent. While the film may have admirable goals, getting the science wrong simply confuses the issues and infuriates those who might otherwise be supportive.

Adapted from www.nytimes.com, October 2nd, 2017

1. Write a composition on **one of the following topics** (maximum 3 points):
 - a. Do you think that eating healthy food is the best thing you can do for your health? Why or why not? Explain your answer in at least 80 words.
 - b. Write a letter to your best friend telling him/her that you have decided to become a vegan. Your letter must contain at least 80 words.
2. Answer the following two questions:
 - a. Does any of the writers say that vegan people are not at all worried about the food they eat? Explain your answer, providing evidence from the text (maximum 1 point).
 - b. According to the texts, do the majority of non-vegans intentionally choose to be so? Explain your answer, providing evidence from the text (maximum 1 point).
3. Find in the texts words having a similar meaning to the following words. Give **only one synonym** for each section (maximum 0.5 points per word, total 2 points):

a. <i>connection, association</i>	b. <i>passionately, intensely</i>
c. <i>irritated, very angry</i>	d. <i>objectives, purposes</i>
4. Read the following short dialogue:

Father: Hey, Sam, what's wrong with you? You look terrible!
Sam: Well, dad, I'm not feeling very well lately. You know, I have a lot of work these days and don't have time to sleep well, do sports or eat properly.

Now imagine that you are Sam's father. **Using just two or three sentences**, order John to change his bad habits and give him a good reason not to do so (maximum 1 point).
5. Grammatical transformation.
 - a. Rewrite the following sentence as a third-type (impossible) conditional (maximum 1 point):
If you ask people about the topic, most of them will probably reply the same thing.
 - b. Rewrite the following sentence in indirect style (reported speech), beginning with the words *He said* (maximum 1 point):
This is what I really dislike about the issue.