



INGLÉS  
CONVOCATORIA ORDINARIA JUNIO 2023  
OPCIÓN B LETRAS

**Ejercicio 1.** (Calificación máxima: 2 puntos)

Are the following statements TRUE or FALSE? Copy the evidence from the text. No marks are given for only TRUE or FALSE.

- a) Sweetened yogurts are healthy.
- b) People around the world are consuming fewer ultra-processed foods than in the past.

Solución:

- a) False. "In many households, ultra-processed foods are popular options at the kitchen table, including unhealthy products that you may not even think of as junk food such as snack bars and sweetened yogurts." (P. 1, L. 1 – 3)
- b) False. "Ultra-processed foods represent a larger share of the world's diet in relation to earlier decades." (P. 3, L. 9)

**Ejercicio 2.** (Calificación máxima: 2 puntos)

In your own words and based on the ideas in the text, answer the following questions. Do not copy from the text.

- a) How do ultra-processed foods affect our life expectancy? Explain your answer.
- b) Which two effects does eating homemade food have in our bodies?

Solución:

- a) Ultra-processed foods reduce our life expectancy because they hurt our health in many ways, since they are connected to many diseases.
- b) When we eat homemade food, our cholesterol goes down while our levels of one appetite-suppressing hormone rise.



**Ejercicio 3.** (Calificación máxima: 1 puntos)

Find the words in the text that mean:

Solución:

- a) range (paragraph 2) – variety
- b) attractive (paragraph 2) – appealing
- c) respond (paragraph 4) – react
- d) opposite (paragraph 4) – reverse

**Ejercicio 4.** (Calificación máxima: 2 puntos)

Complete the following sentences. Use the appropriate form of the word in brackets when given.

Solución:

- a) According to recent investigations, eating fruit and vegetables reduces the risk of suffering (suffer) cancer.
- b) Food companies rarely (rare) think about how they could make their products better (good) than those produced by their competitors.
- c) If I had known (know) that this pizza had so much salt, I would not have bought (not / buy) it when I went to the supermarket yesterday.
- d) People whose diet includes oily fish and vegetables at least once a week have lower rates of diabetes.

**Ejercicio 5.** (Calificación máxima: 3 puntos)

Write about 150 to 200 words on the following topic.

Discuss how people's eating habits could be improved in our society.

Solución:

Almost without exception in the developed world, our eating habits leave a lot to be desired. Generally speaking, we eat poorly, far too much, and without discipline, and since we do so out of habit, it is an even more complicated issue to figure out. However, there are a number of things we can do to improve our situation.



On the one hand, we can do so by simply eating at home more regularly. Homemade meals are much better than those that are premade, not to mention junk or fast food. They are usually lighter in fats and sugars, so avoiding them as often as possible improves our overall health.

On the other hand, we can learn how to organise our meals better to consume a wider variety of nutrients. In other words, if we think about it thoroughly and apply ourselves, we can have a more balanced diet.

Furthermore, we live in Spain, on the shore of the Mediterranean sea. This is a rich land that naturally produces many different kinds of food for us to enjoy, and one that can meet both our appetite and our nutritional needs more often than not.