

**INSTRUCCIONES GENERALES Y VALORACIÓN**

Después de leer atentamente los textos y las cuestiones siguientes, el alumno deberá escoger una de las dos opciones propuestas y responder en INGLÉS a las cuestiones de la opción elegida.

**CALIFICACIÓN:** Las cuestiones 1ª, 2ª y 4ª se valorarán sobre 2 puntos cada una, la pregunta 3ª sobre 1 punto y la pregunta 5ª sobre 3 puntos.

**TIEMPO:** 90 minutos.

**Sunbathing Can Stop You Gaining Weight**

Don't waste time at the gym, or cutting down on cheese. Scientists have discovered that the best route to a perfect figure could be to just lie down in the sun. That is, if you are a mouse.

For the study, published recently, researchers gave some mice too much food. While doing so, the mice were exposed to UV light – a simulation of the sun's rays. Not only did this slow down their weight gain, but it also reduced the number of symptoms that in humans are linked to diabetes. When skin is exposed to sunlight it produces vitamin D and nitric oxide. To try out what was causing the effect in mice, the scientists spread nitric oxide onto the skin of some overfed mice, which produced the same result. Other mice were given a vitamin D supplement causing a different effect.

Can we hope the research could transfer to humans? The researchers urged caution. While mice can often be good models for investigating human health, on the particular issue of responding to sun, they are less than ideal. As fur-covered nocturnal animals, mice are not normally exposed to much sunlight. However, one of the scientists said that the research supported previous work showing the benefits of sunlight in humans. He said that, in spite of the bad press the sun often gets, "epidemiology studies prove that sun-seekers live longer than those who live in the shade. We need to remember that skin cancer is not the only disease that can kill us and should perhaps balance our advice on sun exposure".

**QUESTIONS**

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

- In the experiment the mice were subjected to the effects of sunlight.
- This experiment was the first to show that sun exposure can be good for your health.

(Puntuación máxima: 2 puntos)

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

- Mention the effects that exposure to UV light may have on mice.
- What does one of the researchers say about the positive effects of sunlight in humans?

(Puntuación máxima: 2 puntos)

**3.- Find the words in the text that mean:**

- found out (paragraph 1)
- related (paragraph 2)
- applied (paragraph 2)
- demonstrate (paragraph 3)

(Puntuación máxima: 1 punto)

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

- Sunburn \_\_\_\_\_ (cause) by overexposure to the sun's ultraviolet rays, \_\_\_\_\_ can damage your cells.
- Tanning-beds are even worse \_\_\_\_\_ the sun, so you should use them with care to avoid \_\_\_\_\_ (expose) to huge levels of ultraviolet rays.
- We must do everything we can not to get \_\_\_\_\_ (burn) by the sun. Sunscreen is important because it helps to protect skin \_\_\_\_\_ harmful rays.
- Complete the following sentence to report what was said.**  
"Mary, do not expose yourself to the sun so much", said Peter.  
Peter told Mary \_\_\_\_\_

(Puntuación máxima: 2 puntos)

**5.- Write about 100 to 150 words on the following topic.**

Where would you go for a healthy holiday? Justify your answer.

(Puntuación máxima: 3 punto)