

QUESTIONS

INSTRUCCIONES GENERALES Y VALORACIÓN

TIEMPO: Una hora. Se recomienda dedicar cuarenta minutos para responder a las preguntas 1, 2, 3 y 4, y veinte minutos para la número 5.

Puntuación máxima: 10 puntos.

INSTRUCCIONES:

1. Haga una primera lectura cuidadosa del texto y de las preguntas.
2. Lea una segunda vez y conteste a las preguntas.
3. Conteste en LENGUA INGLESA.
4. Escriba sus respuestas en el cuadernillo de examen respetando el orden de las preguntas.

Overweight in Children

Today, about one in three American kids and teens is overweight or obese. The prevalence of obesity in children more than tripled from 1971 to 2011. With good reason, childhood obesity is now the No. 1 health concern among parents in the United States, topping drug abuse and smoking.

Among children today, obesity is causing a broad range of health problems that previously were not seen until adulthood. These include diabetes and elevated blood cholesterol levels. There are also psychological effects: obese children are more prone to low self-esteem and depression.

Some experts are concerned with the severity of the childhood obesity epidemic and believe that, because of the increasing rates of obesity, unhealthy eating habits and physical inactivity, we may see the first generation that will be less healthy and have a shorter life expectancy than their parents.

Reaching and maintaining an appropriate body weight is important. The healthiest way to change weight is gradually, that is why small but permanent changes in eating and physical activity may work better than a series of short-term changes that cannot be sustained. Children should participate in at least 60 minutes of moderate-intensity physical activity most days of the week, and every day if possible. Parents can set a great example. They can start adding physical activity to their own daily routine and encourage their child to join them.

1. Look at the following statements. Write T for true, F for false, and DK (don't know) if you cannot tell from the text. If it is true or false, copy the evidence from the text.

- a) Nowadays, American parents are more concerned with overweight in children than with other unhealthy habits.
- b) Experts believe that most obese children have parents with weight problems as well.
- c) According to the text, it is a good idea to lose weight with diets that work fast and get you results quickly.

(Calificación máxima: 3 puntos; no se obtendrán puntos por responder tan sólo T o F; se descontará medio punto por cada respuesta incorrecta)

2. Based on the ideas from the text, fill in the table below.

Problems that obese children have
a) Related to health:
b) Psychological problems:

(Calificación máxima: 1 punto)

3. Find the words or phrases in the text that mean:

- a) worry (paragraph 1)
- b) high (paragraph 2)
- c) consider (paragraph 3)
- d) accompany (paragraph 4)

(Calificación máxima: 1 punto)

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

- a) Some years ago, scientists _____ (begin) to study the link _____ obesity and diabetes.
- b) More research on obesity _____ (be) conducted in the last fifty years _____ in all previous centuries.
- c) "How _____ do you play sports?" "I usually play football once _____ week."
- d) **Complete the following sentence to report what was said.**

"When will you start playing tennis with you son?" → She asked her husband ...

(Calificación máxima: 2 puntos)

5. Write about 60 to 100 words on ONE of the following topics. Do not copy from the text.

- a) Do you think children obesity is a problem in Spain? Discuss.
- b) What can parents do to prevent their children from being overweight?

(Calificación máxima: 3 puntos)