



MATERIA: INGLÉS

INSTRUCCIONES GENERALES Y VALORACIÓN

Lea el texto cuidadosamente, así como las preguntas. A continuación, proceda a responder en lengua inglesa. Conteste a las preguntas respetando el orden en que están planteadas.

DURACIÓN DEL EJERCICIO: 60 minutos

CALIFICACIÓN: La valoración máxima de cada pregunta se indica en cada parte del ejercicio.

LIFESTYLES: EATING HABITS

Today, living is much more stressful that it was. People have less time to do even simple things in life like cooking and eating. What's happening to our diets, then? A noticeable trend is the increase in consumption of convenience food. Buying prepared food means that cooking can be avoided almost completely. Today, in the world richer countries, more than 50% of households have a microwave oven. Taking a frozen meal out of the freezer and heating it up in the microwave is a lot quicker that cutting up meat, peeling potatoes, then spending half an hour cleaning.

But eating convenience food can sometimes be bad for your health. Getting a good balance of vitamins can be difficult if you use ready-to-eat food. However, a lot of people today are more careful about what they eat, especially women. Diet products are available in many types and a lot more information is published about food now, allowing people to understand the consequences of eating different things.

Are our eating habits getting better or worse? The answer is probably both. And one thing's sure – when you are eating a mega-cheeseburger with double French fries, a diet cola makes you feel less guilty.

- 1. Are the following sentences TRUE or FALSE? Justify your answer copying the evidence from the text. No marks are given for only TRUE or FALSE.** (Puntuación máxima: 1 punto)
 - As a result of our stressful lives, cooking is less frequent.
 - Convenience food does not normally give the right combination of vitamins.
- 2. Fill in the gaps with the right form of the verb in brackets:** (Puntuación máxima: 3 puntos)
 - This food (buy) _____ in your shop yesterday.
 - Two years ago, my parents (not use) _____ the microwave oven, but now they (love) _____ it.
 - If I have free time next weekend, I (cook) _____ a special cake for you.
 - You would eat better if you (learn) _____ how to cook.
 - I make the shopping every Saturday, but this week I (go) _____ to the supermarket on Friday.
- 3. In your own words and based on the ideas from the text, answer these questions. Be careful with the grammar and write precise answers.** (Puntuación máxima: 6 puntos)
 - Why do people use convenience food?
 - How can you know more about food?