



PROVA D'ACCÉS A CICLES **PRUEBA DE ACCESO A CICLOS**
FORMATIUS DE GRAU SUPERIOR **FORMATIVOS DE GRADO SUPERIOR**
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PART COMÚ: **PARTE COMÚN:**
LLENGUA ESTRANGERA (ANGLÉS) **LENGUA EXTRANJERA (INGLÉS)**
Duració: 45 minuts **Duración: 45 minutos**

Mind and body

Spain is the healthiest country in the world, according to the 2019 edition of the Bloomberg Healthiest Country Index. Researchers found that those who ate a Mediterranean diet accompanied with extravirgin olive oil or nuts had a lower incidence of major cardiovascular events when compared to a reduced-fat diet. Most people define good health as a state where you are free from sickness. Despite this, there are many different opinions about how a person can actually have good health.

There's no doubt that, along with exercise, having a healthy diet can help promote good health. It can also decrease the chances of getting some cancers, heart disease and diabetes. These are just some of the ways to keep your body healthy. But what about keeping a healthy mind? Nowadays, we all have some level of stress in our life. 'Stress' is a response to challenges in life. I don't believe that a stress-free life is possible. However, too much stress results in physical, emotional, and mental health problems. Untreated, stress may eventually result in mental illnesses such as anxiety disorders or depression.

One in four people in the world will be affected by mental or neurological disorders at some point in their lives. Around 450 million people currently suffer from such conditions, placing mental disorders such as depression among the leading causes of ill-health and disability worldwide.

Physical health is so tangible. If you break your arm, you get an x-ray, and you see the broken bone in front of you however mental illness can be hard to diagnose.

From my point of view, physical health and mental health should be seen as equals. It's a package deal. In a way, they really are equal, because mental health deals with the brain, and is that not part of our physical makeup? Aren't psychiatrists as important as surgeons?

People often ignore mental health issues simply because they can't see them the way they can see physical health. Yet, it's a dangerous way to think. Apart from seeking professional help if necessary, I agree with the idea that physical exercise is also an important part of mental well-being. Sleeping well, hanging out with friends, activities like Yoga, meditation or mindfulness can help too. It's useless to have a healthy body if your mind is not healthy.



Susan Jenkins 24

(sources: <https://web2.uvcs.uvic.ca/elc/studyzone>, <https://www.theodysseyonline.com>,
http://www.who.int/whr/2001/media_centre/press_release/en/)

Vocabulary:

To seek: to look for

Makeup: physical, mental, and moral constitution

Package deal: all-in-one, a set of arrangements that must be accepted together and not separately

Read the instructions for each question carefully before answering.

1. Answer the following questions. Write complete sentences. (1 point)

a) According to the author, what things can you do to have a healthy body and mind? (0'5 points)

b) According to the article, what are the main causes of poor health and disability around the world? (0'5 points)

2. Find a synonym in the text for these words. (1 point)

a) supplemented: _____ (0,5 points)

b) disease: _____ (0,5 points)

3. Are the following sentences true or false? Underline the correct option. (1 point)

a) We can't eliminate all the stress in our life. TRUE / FALSE (0,5 points)

b) Physical health is more important than mental health. TRUE / FALSE (0,5 points)

4. Underline the best option. (1 point)

a) The author thinks that exercise (0,5 points)

1. is not necessary to keep a healthy body.

2. is necessary in order to keep a healthy body and mind.

3. is necessary to keep a healthy mind.



b) If someone is under long-term stress,... (0,5 points)

1. one's mental health is put at risk.
2. it can lead to a variety of serious illnesses.
3. Both 1 and 2 are correct.

5. Complete the sentences with the present simple form of the verbs in brackets. (2 points)

- a) The index (classify) nations according to variables such as life expectancy, tobacco use and obesity. (0,5 points)
- b) More than six million people (visit) Valencia every year. (0,5 points)
- c) The Mediterranean diet (promote) brain health and can help relieve depression and anxiety. (0,5 points)
- d) Spain (have) the highest life expectancy at birth among European Union nations. (0,5 points)

6. Choose one of the following topics and write a text of 60-80 words long. (4 points)

- a) Do you keep a healthy diet and lifestyle? What are your healthy routines and eating habits?
- b) Have you ever had any health problem or disease? What happened? What symptoms did you have? What was the treatment?