



PROVA D'ACCÉS A CICLES **PRUEBA DE ACCESO A CICLOS**
FORMATIU 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)

Evidence from the text: *"along with exercise, having a healthy diet can help promote good health" and "Apart from seeking professional help if necessary... Sleeping well, hanging out with friends, activities like Yoga, meditation or mindfulness can help too."* (Paragraphs 1 and 6)

Possible answer: You can take care of your body by eating well and being active. To look after your mind, you can rest properly, spend time with other people and do activities like Yoga, meditation or mindfulness . It is also a good idea to ask for help when you need it.

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

Evidence from the text: *"mental disorders such as depression among the leading causes of ill-health and disability worldwide."* (Paragraphs 3)

Possible answer: Problems related to mental health, especially depression, are a major reason why many people become unwell or have difficulties in their daily lives.

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

a) supplemented: __ **accompanied** __ (0,5 points)

b) disease: __ **illness / sickness / condition / health problem** __ (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) Evidence from the text: "I don't believe that a stress-free life is possible." (Paragraph 2)

b) Physical health is more important than mental health. TRUE / **FALSE** (0,5 points) "physical health and mental health should be seen as equals." (Paragraph 5)

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. **X** This option is incorrect because the text says exercise helps promote good health, so it is not unnecessary.

2. is necessary in order to keep a healthy body and mind. Evidence from the text: "along with exercise, having a healthy diet can help promote good health" and "physical exercise is also an important part of mental well-being." (Paragraph 2)

3. is necessary to keep a healthy mind. **X** This option is incorrect because it only mentions the mind, but the text connects exercise with both body and mind.

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

1. one's mental health is put at risk. **X** It is true, but it is incomplete.

2. it can lead to a variety of serious illnesses. **X** It is true, but it is incomplete.

3. Both 1 and 2 are correct. Evidence from the text: "too much stress results in physical, emotional, and mental health problems" and "Untreated, stress may eventually result in mental illnesses such as anxiety disorders or depression." (Paragraph)

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

a) The index ... **classifies** ... (classify) nations according to variables such as life expectancy, tobacco use and obesity. (0,5 points) **To form the Present Simple in the third person singular, when a verb ends in consonant + y, we drop the y and add -ies.**

b) More than six million people ... **visit** ... (visit) Valencia every year. (0,5 points) **More than six million people is a plural subject. It is equivalent to they, so we use the base form of the verb: visit, not visits.**

c) The Mediterranean diet ... **promotes** ... (promote) brain health and can help relieve depression and anxiety. (0,5 points) **The Mediterranean diet is singular, so we add -s in the Present Simple.**

d) Spain ... **has** ... (have) the highest life expectancy at birth among European Union nations. (0,5 points) **Spain is singular, so the Present Simple form of have is has.**



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

MODEL SAMPLE A

a) Do you keep a healthy diet and lifestyle? What are your healthy routines and eating habits?

Note: We have **bolded** the connectors, linkers, and useful phrases in the essay

| | |
|---|--|
| Short introduction, 2–3 lines | I try to keep a healthy diet and lifestyle because I want to feel good every day. |
| Main body divided into 2 or máx. 3 paragraphs | <p>Usually, I eat fruit, vegetables, rice, meat and fish. I also drink a lot of water and I don't eat too much fast food..</p> <p>In addition, I try to do exercise two or three times a week. Sometimes I go for a walk or play football with my friends.</p> <p>In my opinion, healthy routines are important because they give you more energy</p> |
| Short conclusion, 2–3 lines | <p>To sum up, a healthy lifestyle helps your body and mind.</p> <p>(90 words)</p> |

MODEL SAMPLE B

b) Have you ever had any health problem or disease? What happened? What symptoms did you have? What was the treatment?

Note: We have **bolded** the connectors, linkers, and useful phrases in the essay



Short
introduction,
2- 3 lines

Last year I had a health problem. I caught the flu and I felt really tired for several days.

Main body
divided into 2
or máx. 3
paragraphs

At first, I had a high temperature, a headache and a sore throat.

Then, I went to the doctor because I didn't feel better. He told me to stay at home, drink water and take some medicine. I also slept a lot.

Luckily, after one week I recovered completely.

Short
conclusion, 2-3
lines

In conclusion, being ill is unpleasant, but resting and following medical advice is very important.

(82 words)